



Sea Country Activity Guide

Fall 2016

September, October, November

Lunch & Learn

Thurs, Oct 13

1-2:30pm

Free Salad Bar

Pop up Parties

Sept 12, Oct 31, Nov 16

Food & Fun

Dancing at Twilight

Friday, Sept 23

5-8pm

Music, Food, Dancing

Fall Concerts

Oct 28, Nov 17

Chico Band & Sound FX Trio

Flu Shot Clinic

Thurs, Nov 3

10am-1pm

Free Flu Shot Vaccines

CITY OF LAGUNA NIGUEL - SEA COUNTRY SENIOR & COMMUNITY CENTER

24602 Aliso Creek Road Laguna Niguel, CA. 92677 Phone: (949) 425-5151

Senior Center Hours: Monday - Friday 9:00 a.m. - 4:00 p.m.

Community Center Hours: Open for classes & room rentals on weeknights and weekends as scheduled.



Welcome to Sea Country Senior & Community Center

The City of Laguna Niguel welcomes you to Sea Country to discover what the Center has to offer. Featuring a Fitness Center, a Library, a Billiards room, a lovely Lounge, and our trendy Gift Shop. Sea Country Center Supervisor, Cathy Angstadt and her staff offer a variety of classes, special events, games and services. You're sure to find an offering to spark your interest!

Sea Country Staff



Cathy Angstadt	Recreation Supervisor
Lynn Hewitt	Recreation Coordinator
Kaori Terui	Secretary
Joe Leppelman	Maintenance

Senior Center (Daytime)

Front Desk

Anne Casey
Chaz Johnston
Tamberlyn Luketich
GG Sumner

Programs

Soleil Alameda
Danielle Borenstein
Gini Garner
Sue Hanley
Linda Teichmann

Fitness Center

Martina Fanizza
Frank Rombardo

Facility

Mark Christensen
Danny Jackson
Jose Santos

Community Center (weekends/weeknights)

Natalie Conklin
DelShaun Gamble
Joe Leindecker

Laguna Niguel City Council

Laurie Davies, Mayor
Jerry Slusiewicz, Mayor Pro Tem
Gary Capata, Council Member
Elaine Gennaway, Council Member
Fred Minagar, Council Member

Leave a message for the Mayor and City Council at
(949) 362-4300 or council@cityoflagunaniguel.org.

Upcoming Events

Sept

9-Bunco	(pg.26)
12-Pop up Party (Weenie Roast)	(pg.7)
16-Drivers test Taking	(pg.27)
21-Brain Fit Lecture	(pg.27)
22-Fall Prevention Lecture	(pg.9)
23-Dancing at Twilight	(pg.5)

Oct 7-Bunco (pg.26)

13 -Lunch& Learn	(pg.7)
18-Medicare Lecture	(pg.9)
21-Timeless Melodies	(pg.26)
28-Concert Chico Band	(pg.6)
31-Pop up Party (Ice Cream)	(pg.7)

Nov 3-Flu Shots (pg.27)

4-Bunco	(pg.26)
7-HICAP Annual Enrollment	(pg.9)
9-Bus Excursion 3 Churches	(p.21)
16-Pop up Party (Pumpkin Pie)	(pg.7)
17-Concert Sound FX	(pg.6)
Dec 12-Bus Excursion Mission Inn	(p.21)

Cathy's Corner



With the fall season upon us, we are celebrating National Senior Center month. Our kick-off event will be a collaboratively planned dance. **Dancing at Twilight**, featuring a 10-piece band with delicious hors d'oeuvres. This very special event is sure to be a great time! Come dance or listen to the great sounds of swing, country, blues and rock n' roll. Tickets for this special event are \$20 and can be purchased at the front desk or through the Senior Club office.

Our celebration continues with our **Fall concerts** held in our Grand Ballroom. For \$5 it's a great way to spend the day with friends tapping your feet, tasting great treats, and enjoying the tunes of great music. Perk your appetite in anticipation of freshly made crepes and a yummy nacho bar. Check out the listing on the following pages and sign up early, since we usually sell out!

Experience our new **Pop Up Parties** which are impromptu gatherings with fun food and a time to socialize. No fee and no reservation required, just show up, grab a bite and have fun! It's our gift to you!!

We continue the harvest season by bringing back our **Lunch and Learn**. As always, we will feature our famous Sea Country Salad Bar with all the fixin's! This time, we will feature a Registered Dietitian to help you learn how to eat healthier. Find out how to read food labels properly, how to make smarter food choices, and learn other tips on living a healthier lifestyle. Reservations are required for this free event, so call the front desk today.

With all the exercise classes available, did you know that you can make your brain more fit? Scientific research shows that mental abilities can be strengthened by creating new neurons and neural connections –at any age. Engaging in cognitive exercise delays age-related cognitive decline, decreases the risk of developing dementia, and improves cognitive performance and functioning. Our very new specialty offering, **Brain Fitness**, will show you how you can keep your brain stronger for longer. Sign up for this 6-week class which starts in October.

Keeping the mind healthy is so important. That's why we want you to **Hear What You've Been Missing**. Come to our free hearing test in our computer lab and receive a report of your results. The lecture will review the degrees of hearing loss, the impact of hearing loss on speech perception, and the effects when it is left untreated. Learn what you can do to avoid the impacts of hearing loss.

We have much more to offer during these next three months. Take a look and mark your calendar now to save the dates. I look forward to seeing you here and hope that you enjoy the many offerings we provide.

All the very best,

Cathy

Senior Committee Happenings/Update

Attend Senior Committee Meetings

City of Laguna Niguel - Senior Citizens Committee

The Laguna Niguel Senior Citizens Committee is an advisory group to the City Council and the Parks & Recreation Commission. The Committee meets to discuss the needs of senior citizens both within the City and regionally. The Committee promotes involvement of senior citizens in community affairs and provides input regarding a variety of programs benefiting the senior citizens that make up our community. The Committee meets on an as-needed basis. When held, meetings are at 2:00 p.m. on the second Wednesday of the month in Council Chambers at City Hall. The Committee's meetings function similarly to the way City Council meetings are held and the public is welcome to attend.

The Senior Citizens Committee is Working For You

This year, the City of Laguna Niguel's Senior Citizens Committee has discussed many ideas to help expand offerings to seniors here at Sea Country Senior & Community Center. The first program implemented was the Tech Tutor program where local high school students teach seniors how to use their iPads in a classroom setting and also provide one-on-one appointments on iPads, iPhones, laptop computers, Android phones, Kindles, and other pads. This program has been very successful and enjoyed by many people.

As part of the City Council budgetary process, the Senior Citizen Committee received funds to provide three programs during this fiscal year. Program ideas envisioned and suggested by the Senior Citizens Committee include:

- A dance, *"Dancing at Twilight"*, collaboratively planned by members from the Senior Citizens Committee, the Laguna Niguel Senior Citizens Club, Age Well and City staff. Tickets are on sale now. See pg. 5.
- Low cost Brain Fitness classes, to keep your brain stronger for longer. See page 12.
- Additional Computer Lab Instruction, providing one-on-one appointments and class presentations on the latest uses of technology, coming in the near future.

The Senior Citizens Committee also suggested that the Center provide a container to collect used batteries, now available in the lobby, as well as a class to help seniors study for the written driving test beginning in September. Find out more on page 21 and 27.

The Senior Citizens Committee is reviewing a list of ideas and welcomes your input. We encourage you to attend meetings!

Upcoming Event

CITY OF LAGUNA NIGUEL

in collaboration with

LAGUNA NIGUEL SENIOR CITIZENS COMMITTEE

LAGUNA NIGUEL SENIOR CITIZENS CLUB and AGE WELL SENIOR SERVICES

Dancing at Twilight

FRIDAY, SEPTEMBER 23
5:00-8:00 PM



CLOSE HARMONY

Enjoy an evening with live music and delicious hor d'oeuvres
Dance or Listen to Swing, Country, Blues & Rock
Featuring Close Harmony, a 10-piece band

Tickets: \$20

(no tickets sold at the door)

Available at Sea Country Senior & Community Center Front Desk and through
Laguna Niguel Senior Citizen's Club

EVENT HELD AT

SEA COUNTRY SENIOR & COMMUNITY CENTER

949-425-5151

24602 ALISO CREEK RD LAGUNA NIGUEL 92677



Sea Country Special Event

Sea Country *presents*
Fall
CONCERT
Series

Tickets: \$5 each show

Enjoy live performances featuring a wide variety of music and tasty treats with your friends as we celebrate concert season in our Ballroom this Fall!

CHICO

Playing cover tunes from big band sounds, jazz, salsa, rock 'n' roll and everything in between!

Fri. October 28
1:00-2:30pm



SOUND FX

Exciting trio with a female lead playing a mean saxophone!

Thurs. November 17
1:00-2:30pm



Purchase tickets at Sea Country Front Desk today!



Sea Country Center • 24602 Aliso Creek Rd. Laguna Niguel, Ca 92677 • (949) 425-5151

Sea Country Special Event

Sea Country Center Presents...

FALL POP-UP PARTIES!

NEW!

Pop into Sea Country Center and have fun at any of our three Pop-Up Parties! Stop by, grab a bite and socialize! Free- No Reservation Required.

FREE!

Sea Country Center •24602 Aliso Creek Rd. Laguna Niguel, Ca 92677 •(949) 425-5151

WEENIE ROAST

Monday, September 12th
12 pm - 1 pm



LONGBOARD'S ICE CREAM

Monday, October 31st
12:30 pm - 1:30 pm



Pumpkin Pie Tasting

Wednesday, November 16th
11:30 am - 1 pm



LUNCH & LEARN



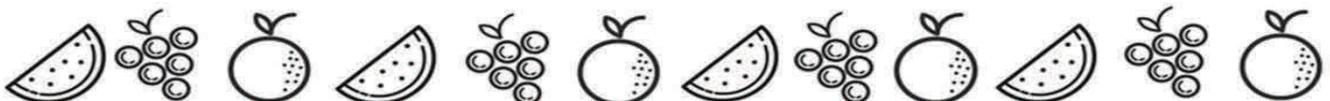
FREE LECTURE!

Thursday, October 13th
1:00 p.m. - 2:30pm

Want to learn how to eat healthier? Come to Sea & Country Center for a healthy salad bar lunch! Then, sit-back, relax, and learn all about nutrition for the 50+ from a Registered Dietitian Nutritionist. They will discuss topics on how to read food labels properly, how to make smarter food choices, and other tips on living a healthier lifestyle. You will be on your way to healthy living with this lunch and learn lecture!

FREE SALAD BAR!

Reservations are Required
Call or Visit Sea Country's Front Desk



Upcoming Lectures

Registration is required for these FREE lectures. Call Sea Country's Front Desk at (949) 425-5151 to sign up.

Hear What You've Been Missing

Dr. Maria Abramson will be administering a free hearing test in our computer lab followed by a complete report of your results. She will cover topics including the degrees of hearing loss, the impact of hearing loss on speech perception, and the effects when it is left untreated. Learn what you can do to avoid the impacts of hearing loss.

Friday

Oct 7

10:00am - 12:00pm

Free



Maintaining Brain Health as We Age

What is Brain Fitness?

When you think about fitness, you probably think about movement and muscles, but do you ever consider Fitness for the Brain? Your brain plays a critical role in all areas of your life. The brain is not a muscle but it can function as one. When we exercise it our brain gets stronger, and to keep it strong, we need to keep challenging it regularly. Emerging supported research indicates that with a bit of training and a few relatively simple lifestyle choices, you can keep the brain stronger for longer. Come learn how! Sign up early for this interesting presentation.



Wed

Sept 21

1:00-2pm

Free

Flu Shot Clinic

Thursday
November 3
10am-1pm

Free Flu Shot Vaccines will be available on a First Come First Serve basis, while supplies last.



We do not give flu shots to those who are ill on the day of the vaccine, have had Gillian Barre Syndrome, or are allergic to eggs. Please call our front desk prior to November 3rd to confirm availability of the vaccine.

No appointment necessary.

FREE

Upcoming Lectures

Registration is required for these FREE lectures. Call Sea Country's Front Desk at (949) 425-5151 to sign up.

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.

Thursday Sept 22 2:00 - 3:30pm Free

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)

Tuesday Sept 13– Nov. 1 1:00 - 2:30pm Free

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 will need to know to be a good health care consumer.

Tuesday Oct 18 1:30 - 3:00pm Free

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 an appointment and to review what to bring with you.

Monday Nov 7 9:15 - 3:15pm Free

Fitness Classes



YOGA

With practice, improve strength, flexibility, balance, focus and peace of mind. Four different levels of classes for the season.

Instructor: Angie Knight

<u>Level</u>	<u>Date</u>	<u>Day</u>	<u>Time</u>
Gentle	9/12-11/14*	M	10-11:30am
Level 1	9/13-11/15*	Tu	6:30-8pm
Level 1 & 2	9/15-11/17*	Th	6-7:30pm
Moderate	9/10-11/19*	Sa	10-11:30am

Cost: \$130 *No class Oct 1, 10, Nov 8, 10, 12

To sign-up call Angie at (949) 633-3654
 Visit yogaknights.com or email:
yogaknights711@aol.com

GERI-FIT® (WORKOUT WITH WEIGHTS)

Increase strength, improve balance and lessen arthritic conditions in this evidence-based 45 minute strength training exercise class for older adults. No aerobics, dancing or choreography to learn and you do not have to get on the floor! Most of the exercises are performed seated in chairs. Bring a set of 2-pound dumbbells (each), a stretch band, and water. Advance registration required. (8 classes)

Mon / Wed	1:45pm - 2:30pm	Cost: \$48
	Sept 12-Oct 5	
	Oct 17-Nov 9	
	Nov 14-Dec 7	

Instructor: Geri-Fit Certified Instructor
 To sign-up call Geri-fit 1 (888) 437-4348.

ARTHRITIS EXERCISE

Head to toe strengthening exercises focuses on reducing the pains that Arthritis brings to joints and the body while standing or sitting at your own pace. Building breath and body awareness through implementing balance, coordination, cardio, and stretching exercises with weights and stretching bands. Classes are taught by an Arthritis Foundation Certified Instructor. Drop-ins welcome.
 Instructor: Cristina Stiefel

Tu/Th	11:30am - 12:30pm	Cost: \$16 \$3 drop-in
Activity # 8920	Sept 1-27	\$16
Activity # 8921	Sept 29-Oct 25	\$16
Activity # 8922	Oct 27-Nov 29*	\$16
*No Class Nov 17, 24		

Register at Sea Country's Front Desk.
 (949) 425-5151

ZUMBA GOLD

ZUMBA Gold is a fusion of high energy and motivational Latin and international music and dance themes creating a dynamic, exciting, and effective fitness class! Zumba Gold is 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! (10weeks)
 Instructor: Anette Monroe

Monday	9:15am- 10:00am	12weeks \$10 drop-in
Mon	Activity # 8918	Sept 12-Nov 28 \$84
Wed	Activity # 8919	Sept 14-Nov 30 \$84

Fitness

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! (6 weeks)

Instructor: Tricia Bowman

Friday 9:15 - 10am Cost: \$38
\$8 drop-in

Activity # 8913 Sept 9-Oct 14

Activity # 8914 Oct 28-Dec 9*

*No Class Nov 11, 25



Register at Sea Country's Front Desk.
(949) 425-5151

**Get Fit & Stay
Healthy**

Sea Country
~~~~~  
*Fitness Center*



The Sea Country Fitness Center is available to adults 50+. Cardio, Strength and Flexibility is offered. (15 pieces of equipment)

### Hours of Operation:

Monday - Friday

9:00am - 4:00pm

### Annual Fitness Center Membership Fees:

RESIDENT w/ a GROUP Orientation / \$25.00

RESIDENT w/ an INDIVIDUAL Orientation / \$45.00

NON-RESIDENT w/ a GROUP Orientation / \$40.00

NON-RESIDENT w/ an INDIVIDUAL Orientation/ \$60.00



**PICK UP A REGISTRATION PACKET AT  
SEA COUNTRY CENTER'S FRONT DESK**

The Registration Packet covers the Membership and Equipment Use Policies for use at the Sea Country Fitness Center.

**STEP One:** Fill out the necessary forms inside the registration packet.

**STEP Two:** Come to Sea Country Monday-Friday between the hours of 9am and 4pm to register for your orientation appointment.

**STEP Three:** Come to your scheduled Orientation Training in the Fitness Center. Get your card and go!

# Enrichment Classes

## JOURNALING

This popular, on-going, interactive workshops 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. Instructor: MaryAnn Easley

Thurs 9:30am - 11:30am

Activity# 8907 Sept 8-Oct 27 \$69 (8 wks)

Activity # 8908 Nov 3-Dec 15 \$52 (6 wks)

## 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. Instructor: MaryAnn Easley

Thurs 1:00pm - 3:00pm

Activity# 8909 Sept 8-Oct 27 \$56 (8wks)

Activity# 8910 Nov 3-Dec 15 \$42 (6 wks)

## BRAIN FITNESS

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.



Weds 1:00pm - 2:30pm

Activity# 9018 Oct 5-Nov 9 \$20 (6wks)

## 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 to 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) Instructor: MaryAnn Easley

Tues 9:30am - 11:30am Cost: \$69

Activity# 8905 Sept 6-Oct 25

Activity# 8906 Nov 1-Dec 20

## OIL PAINTING

### STILL LIFE-SETUP, COMPOSITION AND PAINTING

Learn the art of setting and composing the subjects for still life painting. Learn how to arrange the light direction, catch the atmosphere and express the combined harmony of the subjects in the painting. Students will receive a required supply list at the time of registration. Instructor: Ebrahim Amin

Fri 1:00pm - 4:00pm Cost: \$136/6wks

Activity# 8896 Sept 2-Oct 7

Activity# 8897 Oct 21-Dec 9\*

*\*No class Nov 11, 25*

Register at Sea Country's Front Desk.

Need help Passing your Upcoming Written Drivers Test ?  
See Page 27

# Computer Classes



## 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. (6 weeks)

|      |                         |                |
|------|-------------------------|----------------|
| Tues | 10:00am - 12:00pm       | Cost: \$36     |
|      | Activity# 8998          | Sept 13-Oct 18 |
|      | Activity# 8999          | Nov 1-Dec 13*  |
|      | <i>*No class Nov 22</i> |                |

## INTERNET & EMAIL BASICS

Learn about the 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.

|       |                         |                |
|-------|-------------------------|----------------|
| Thurs | 10:00am - 12:00pm       | Cost: \$36     |
|       | Activity# 9000          | Sept 15-Oct 20 |
|       | Activity# 9001          | Nov 3-Dec 15*  |
|       | <i>*No class Nov 24</i> |                |

## INTERNET & EMAIL -PART II

Master internet navigating skills, organize your favorite websites, tips and tricks on YouTube, Google Maps, Google Earth. 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 email, saving pictures and changing passwords. (6 weeks)

|      |                         |                |
|------|-------------------------|----------------|
| Tues | 1:00pm - 3:00pm         | Cost: \$36     |
|      | Activity# 9002          | Sept 13-Oct 18 |
|      | Activity# 9003          | Nov 1-Dec 13*  |
|      | <i>*No class Nov 22</i> |                |

## TABLETS-HANDS ON

Tablets are very popular and easy to use. Any tablet, Android or iPad, they are all 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 online, play games, watch videos, check your email, reply, forward, and send emails. Take pictures with your tablet and send them to friends and family. (6 weeks)

|     |                         |               |
|-----|-------------------------|---------------|
| Wed | 10:00am-12:00pm         | Cost: \$36    |
|     | Activity# 9008          | Sep 14-Oct 19 |
|     | Activity# 9009          | Nov 2-Dec 14* |
|     | <i>*No class Nov 23</i> |               |

## DIGITAL CAMERA, CD'S, CELLPHONE PHOTOS

Learn how to download photos from your digital camera, a CD, or smart-phone to your computer; as well as how to store and organize the pictures, and enhance photos! Prerequisite: flash drive 4GB or 8GB, digital camera or cell phone connection wires. (6 weeks)

|     |                         |               |
|-----|-------------------------|---------------|
| Wed | 1:00pm - 3:00pm         | Cost: \$36    |
|     | Activity# 9004          | Sep 14-Oct 19 |
|     | Activity# 9005          | Nov 2-Dec 14* |
|     | <i>*No class Nov 23</i> |               |

## GOOGLE DOC, 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, print, and send it via email. Prerequisite: Internet & Email Basics, Gmail account. (6 weeks)

|       |                         |               |
|-------|-------------------------|---------------|
| Thurs | 1:00pm - 3:00pm         | Cost: \$36    |
|       | Activity# 9006          | Sep 15-Oct 20 |
|       | Activity# 9007          | Nov 3-Dec 15* |
|       | <i>*No class Nov 22</i> |               |

# Sea Country at a Glance

| Monday                                                                                                                              |                                    |        | Tuesday           |                                             |        | Wednesday                                                 |                           |  |
|-------------------------------------------------------------------------------------------------------------------------------------|------------------------------------|--------|-------------------|---------------------------------------------|--------|-----------------------------------------------------------|---------------------------|--|
| 9am-12pm                                                                                                                            | Backgammon                         |        | 9am-12pm          | Table Tennis                                |        | 9am-12pm                                                  | Craft & Sewing            |  |
| 9am-4pm                                                                                                                             | Fitness Center                     | pg. 11 | 9am-12pm          | Watercolor Lab                              |        | 9am-12pm                                                  | Table Tennis              |  |
| 9am-4pm                                                                                                                             | Billiards                          |        | 9am-4:00pm        | Billiards                                   |        | 9am-12:30pm                                               | Open Classes              |  |
| 9:15am-10:00am                                                                                                                      | Zumba Gold \$                      | pg. 10 | 9am-4pm           | Fitness Center                              | pg. 11 | 9am-4pm                                                   | Billiards                 |  |
| 9:15am-12:05pm                                                                                                                      | Bird Life                          | pg. 18 | 9:15-am10:05am    | Exercise to Music                           | pg. 18 | 9am-4pm                                                   | Fitness Center            |  |
| 9:15am-3:15pm                                                                                                                       | HICAP Annual Enroll. Clinic (11/7) | pg. 9  | 9:30am-11:30am    | Story Writing Techniques \$                 | pg. 12 | 9:15am-10:00am                                            | Zumba                     |  |
| 10am-11:30am                                                                                                                        | Yoga \$                            | pg. 19 | 9:30am-3:30pm     | Open Games (Sun room)                       |        | 9:30am-11:20am                                            | Pilates                   |  |
| 11:45am-12:30pm                                                                                                                     | Lunch                              | pg. 23 | 10am-12pm         | Computer Basics \$                          | pg. 13 | 10am-12pm                                                 | Table Tennis              |  |
| 12pm-1pm                                                                                                                            | Pop up Party: Weenie Roast (9/12)  | pg. 7  | 11:30am-12:30pm   | Arthritis Exercise \$                       | pg. 10 | 11:30am-1pm                                               | Pop up Party: Pie Tasting |  |
| 12:30pm-1:30pm                                                                                                                      | Longboards Ice cream (10/31)       | pg. 7  | 11:45am-12:30pm   | Lunch (Courtyard)                           | pg. 23 | 11:45am-12:30pm                                           | Lunch                     |  |
| 12:30pm-3:30pm                                                                                                                      | Mah Jongg                          |        | 12:30pm-3:30pm    | Mah Jongg                                   |        | 12:30am-3:30pm                                            | Bingo                     |  |
| 1pm-3pm                                                                                                                             | HICAP (9/5, 10/3, 11/7)            | pg. 22 | 1pm-2:30pm        | It's Your Estate Lecture Series (9/13-11/1) | pg. 9  | 12:30pm-3:30pm                                            | Party Entertainment       |  |
| 1pm-3:50pm                                                                                                                          | Film as Literature                 | pg. 18 | 1pm-2:50pm        | Art History                                 | pg. 18 | 1pm-2pm                                                   | Beginning Sewing          |  |
| 1pm-2:50pm                                                                                                                          | Improving Investments              | pg. 18 | 1pm-3pm           | Internet Email II \$                        | pg. 13 | 1pm-2pm                                                   | Maintenance Health        |  |
| 1:45pm-2:30pm                                                                                                                       | Geri Fit \$                        | pg. 10 | 1:30pm-3pm        | Medicare Essentials (10/18)                 | pg. 9  | 1pm-3pm                                                   | Pinochle                  |  |
|                                                                                                                                     |                                    |        |                   |                                             |        | 1pm-3pm                                                   | Digital Cellphone         |  |
|                                                                                                                                     |                                    |        |                   |                                             |        | 1:45pm-2:30pm                                             | Geri-Fit                  |  |
| <p>\$ Indicates fee based class. Pre-registration is required for fee based classes.<br/>*All dates and times subject to change</p> |                                    |        |                   |                                             |        |                                                           |                           |  |
| Community Classes                                                                                                                   |                                    |        | Community Classes |                                             |        | HOLIDAYS                                                  |                           |  |
| 6pm-8pm                                                                                                                             | Taekwondo \$                       | pg. 19 | 6:30pm-8pm        | Yoga \$                                     | pg. 10 | Sea Country Center will be closed on the following dates: |                           |  |
|                                                                                                                                     |                                    |        | 6:00pm-9pm        | Oil Painting-Landscape \$                   | pg. 19 | Labor Day                                                 |                           |  |
|                                                                                                                                     |                                    |        | 7:00pm-8pm        | Intermediate Ukulele \$                     | pg. 19 | Veterans Day                                              |                           |  |
|                                                                                                                                     |                                    |        |                   |                                             |        | Thanksgiving                                              |                           |  |



| Wednesday                                   |               | Thursday               |                                    | Friday                     |                                                                             |
|---------------------------------------------|---------------|------------------------|------------------------------------|----------------------------|-----------------------------------------------------------------------------|
| Backgammon & Chat                           | <i>pg. 17</i> | <b>9am-1pm</b>         | Open Games                         | <b>9am-11:30am</b>         | Backgammon                                                                  |
| Tennis                                      |               | <b>9am-4pm</b>         | Fitness Center                     | <b>9am-3:30pm</b>          | Table Tennis                                                                |
| Games                                       |               | <b>9am-4pm</b>         | Billiards                          | <b>9am-4pm</b>             | Fitness Center <i>pg. 11</i>                                                |
| Arts & Crafts                               |               | <b>9:15am-10:05am</b>  | Exercise to Music                  | <b>9am-4pm</b>             | Billiards <i>pg. 17</i>                                                     |
| Activity Center                             | <i>pg. 11</i> | <b>9:30am-11:30am</b>  | Journaling \$                      | <b>9:15am-10am</b>         | Line Dancing \$ <i>pg. 11</i>                                               |
| Senior Gold \$                              | <i>pg. 10</i> | <b>10am-1pm</b>        | Flu Shot Clinic (11/3)             | <b>9:30am-11am</b>         | Pass Driver's Written Test Course (9/16) <i>pg. 27</i>                      |
|                                             | <i>pg. 18</i> | <b>10am-12pm</b>       | Internet & Email \$                | <b>10am-12pm</b>           | Hearing Lecture & Assessment (10/7) <i>pg. 8</i>                            |
| Hands-On \$                                 | <i>pg. 13</i> | <b>11:30am-12:30pm</b> | Arthritis Exercise \$              | <b>10:30am-2:30pm</b>      | Legal Aid (9/16, 11/18) <i>pg. 9</i>                                        |
| Party: Pumpkin Cutting (11/16)              | <i>pg. 7</i>  | <b>11:45am-12:30pm</b> | Lunch (Courtyard)                  | <b>11:45a-12:30pm</b>      | Lunch <i>pg. 23</i>                                                         |
|                                             | <i>pg. 23</i> | <b>12pm-4pm</b>        | Duplicate Bridge                   | <b>12pm-4pm</b>            | Open Games                                                                  |
| (doors open 11:30)                          | <i>pg. 23</i> | <b>1pm-2:30pm</b>      | Lunch & Learn (8/13)               | <b>12:30pm-2pm</b>         | Sr. Gen. Club Mtg (9/16, 10/21, 11/18) <i>pg. 23</i>                        |
| Bridge                                      |               | <b>1pm-2:30pm</b>      | Fall Concert-Sound FX \$ (11/17)   | <b>12:30pm-3:30pm</b>      | Party Bridge                                                                |
| Learning Ukulele \$                         | <i>pg. 19</i> | <b>1pm-3pm</b>         | Scrabble                           | <b>12:30pm-3:30pm</b>      | Watercolor Lab                                                              |
| Training Brain as We Age (9/21)             | <i>pg. 8</i>  | <b>1pm-3pm</b>         | Writer's Circle \$                 | <b>1pm-3pm</b>             | Sr. Book Club (9/2, 10/7, 11/4) <i>pg. 23</i>                               |
| Arts & Crafts                               | <i>pg. 16</i> | <b>1pm-3pm</b>         | Google Docs & Drop Box \$          | <b>1pm-4pm</b>             | Oil Painting \$ <i>pg. 12</i>                                               |
| Camera, CD's & Phones \$                    | <i>pg. 13</i> | <b>2pm-3:30pm</b>      | Fall Prevention Lecture (9/22)     | <b>1pm-2:30pm</b>          | Fall Concert-Chico \$ (Oct 28) <i>pg. 6</i>                                 |
| Activity \$                                 | <i>pg. 10</i> |                        |                                    | <b>1:30-3pm</b>            | Bunco (9/9, 10/7, 11/4) <i>pg. 26</i>                                       |
|                                             |               |                        |                                    | <b>1:30pm-3:30pm</b>       | Timeless Melodies \$ (9/2, 10/21) <i>pg. 26</i>                             |
|                                             |               |                        |                                    | <b>3:30pm-4pm</b>          | Tech Tutors (8/26, 9/2, 9/9, 9/30, 10/7, 10/14, 10/21, 10/28) <i>pg. 20</i> |
|                                             |               |                        |                                    | <b>5pm-8pm</b>             | Dancing at Twilight \$ (9/23) <i>pg. 5</i>                                  |
| WEDNESDAY                                   |               | Community Classes      |                                    | Saturday Community Classes |                                                                             |
| Closed on the following days:               |               | <b>6pm-7:30pm</b>      | Yoga \$ <i>pg. 10</i>              | <b>10am-11:30am</b>        | Yoga \$ <i>pg. 10</i>                                                       |
| <b>Monday, Sept 5</b>                       |               | <b>6pm-8pm</b>         | Taekwondo \$ <i>pg. 19</i>         |                            |                                                                             |
| <b>Friday, Nov 11</b>                       |               | <b>7pm-8pm</b>         | Beginning Ukulele \$ <i>pg. 19</i> |                            |                                                                             |
| <b>Thursday Nov 24 &amp; Friday, Nov 25</b> |               |                        |                                    |                            |                                                                             |

# Ongoing Activities

| ACTIVITY           | DAY(S)                                             | HOURS                                                                                   | PRICE                              | DATE(S)   | LIAISON                     | PHONE #  | REGISTRATION                          |
|--------------------|----------------------------------------------------|-----------------------------------------------------------------------------------------|------------------------------------|-----------|-----------------------------|----------|---------------------------------------|
| Backgammon         | Mon.<br>Fri.                                       | 9:00am-12:00pm<br>9:00am-11:30am                                                        | Free                               | Continual | Sea Country                 | 425-5151 | Drop-In                               |
| Billiards          | Mon. - Fri.                                        | 9:00am -4:00pm                                                                          | Free                               | Continual | Sea Country                 | 425-5151 | Drop-In                               |
| Bingo              | Wed.                                               | 12:30pm - 3:00pm<br>Doors Open at 11:30am<br>No Players Accepted<br>After 12:20pm       | Call for pricing                   | Continual | Sr. Club                    | 362-2937 | Drop-In<br>Doors Open At 11:30am      |
| Bridge "Duplicate" | Thurs.                                             | 12:00pm - 4:00pm                                                                        | \$7.00                             | Continual | Mary                        | 275-5602 | Drop-In                               |
| Bridge "Party"     | Wed.- weekly<br>1st, 2nd, 4th Fri.<br>If available | 12:30pm - 3:30pm                                                                        | Free                               | Continual | Sr. Club -<br>Marina Lopez  | 240-7631 | Call Sr. Club<br>for details          |
| Craft & Chat       | Wed.                                               | 9:00am - 12:00pm                                                                        | Free                               | Continual | Sea Country                 | 425-5151 | Drop-In                               |
| Mah Jongg          | Mon. & Tue.                                        | 12:30pm - 3:30pm                                                                        | Free                               | Continual | Sea Country                 | 425-5151 | Foursome<br>Required                  |
| Nutrition Program  | Mon., Wed., Fri.<br>Tues, Thur                     | 11:45a-12:30p Inside<br>11:45a-12:30p Courtyard                                         | Seniors 60+<br>Donation \$4.50     | Continual | Age Well                    | 362-2807 | Drop-In or<br>by reservation          |
| Open Games         | Tue.<br>Wed.<br>Thurs.<br>Fri.                     | 9a m- 3:30pm (Sun Rm)<br>9:00-12:30p (Sun)<br>9a -1:00p (Oak)<br>12p - 3:30p (Sun Room) | Free                               | Continual | Sea Country                 | 425-5151 | Drop-In<br>First come,<br>First Serve |
| Arthritis Exercise | Tue. & Thurs.                                      | 11:30am - 12:30pm                                                                       | \$3.00 drop-in<br>Call for Pricing | Continual | Sea Country                 | 425-5151 | Drop-In                               |
| Pinochle           | Wed.                                               | 1:00pm - 3:30pm                                                                         | Free                               | Continual | Sea Country -<br>Pat Morgan | 481-4074 | Call Pat Morgan                       |
| Scrabble- Sr. Club | Thurs.                                             | 1:00pm - 3:00pm                                                                         | Free                               | Continual | Sr. Club                    | 362-2937 | Drop-In                               |
| Shanghai Rummy     | 1st, 2nd, & 4th<br>Fri.<br>If available            | 12:30pm - 3:30pm                                                                        | Free                               | Continual | Sea Country                 | 425-5151 | Drop-In                               |
| Table Tennis       | Tue. & Wed.<br>*Fri.<br>*Unless Cancelled          | 9:00am - 12:00pm<br>9:00 am - 3:00pm                                                    | Free                               | Continual | Sea Country                 | 425-5151 | Drop-In                               |
| Watercolor Lab     | Fri.                                               | 12:30pm - 3:30pm                                                                        | Free                               | Continual | Sea Country                 | 425-5151 | Drop-in<br>8 spots available          |

## NOTICE!

The California Penal Code prohibits any/all betting, gambling, or keeping scores of winners to be paid here or off site. Games played here at Sea Country are for fun only.

# Games & Activities

## Billiards Room

Don't miss out on the fun in our Billiards room. The room is open Monday - Friday from 9:00am - 4:00pm. If you enjoy a game of billiards, come by and try out our tables!



## Table Tennis

Come play a game of Table Tennis! For more information on when and where to play, visit the front desk!



## Backgammon

Come enjoy a game of backgammon in our Sun Room. Group Leaders are available to assist with rules of the game. Backgammon is played Monday 9:00am - 12:00pm and Friday 9:00am - 11:30am. For more information, please visit our front desk.

## Craft and Chat

The Craft and Chat ladies are in need of donations. They use donations of yarn, baby yarn, and fabric to make items for non-profit organizations.

Please drop off donations at our front desk.



# Sea Country Papparazzi

## Luau Celebration

The Sea Country Summer Luau Celebration was fun from start to finish. The event included a delicious lunch, Polynesian dancers, a photo booth, delightful coconut cake and a refreshing Dole Whip treat.

A good time was had by all!



# Saddleback Emeritus Classes

**Register for Fall Emeritus Classes through Saddleback College Emeritus.**

**For more info call (949) 582-4835.**

**[www.saddleback.edu/emergitus](http://www.saddleback.edu/emergitus)**

## ART HISTORY

Surveys the history of Western art. Focuses on the major works and artists of lasting significance from prehistoric to modern times.

Tues 1:00pm - 2:50pm

## TAI CHI

Form of stylized, meditative exercise, characterized by methodically slow circular and stretching movements and positions of bodily balance.

Tues 1:30pm - 3:20pm

## BIRDS OF THE WORLD

Includes bird ancestry, evolution, systematics, topography, distribution, behavior, and techniques of field identification of birds.

Mon 9:15am - 12:05pm

## PILATES

Physical conditioning involving low impact exercises and stretches designed to strengthen muscles of the torso.

Wed 9:30am– 11:20am

## FILM AS LITERATURE

Examination of film as a 20th and 21st century art form. Considers foreign and domestic cinema with a focus on archetype, myth, symbol, characterization, and plot.

Mon 1:00pm - 3:50pm

## EXERCISE TO MUSIC

Rhythmic exercises to fun music helping to tone with emphasis on movement.

Tues/Thurs 9:15am-10:05am

## IMPROVING INVESTMENT PERFORMANCE

Focuses on maximizing investment performance for the beginning and experienced investor, including strategies critical to the formation, preservation and growth of financial assets.

Mon 1:00pm - 2:50pm



Need help with your iPad, iPhone, tablet, or other device?

See page 20 for more information!

Sign up for one of our many  
Computer Classes  
Page 13



# Community Classes

## BEGINNING 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. Instructor: Ross Costa

|        |                                                    |                 |
|--------|----------------------------------------------------|-----------------|
| Wed    | 1:00pm - 2:00pm<br>Aug 24-Oct 12<br>Oct 19-Dec 14* | Cost:\$80*/8wks |
| Thurs. | 7:00pm - 8:00pm<br>Aug 25-Oct 13<br>Oct 20-Dec 15* | Cost:\$80*/8wks |
|        | *No class Nov 23, 24                               |                 |

\*\$10 cash payable to instructor at class.

Call Instructor to sign up,  
(949) 364-1643 or email at rossini05@hotmail.com

## INTERMEDIATE UKULELE

This next level of ukulele instruction will focus on advanced chords & rhythms. Students should be familiar with the chord families of C,F & G. We will be learning some jazz and pop standards and more complicated Hawaiian tunes in this class.

|      |                                                    |                 |
|------|----------------------------------------------------|-----------------|
| Tues | 7:00pm - 8:00pm<br>Aug 23-Oct 11<br>Oct 18-Dec 13* | Cost:\$80*/8wks |
|      | No class Nov 22                                    |                 |

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

Call Instructor to sign up,  
(949) 364-1643  
or email at  
rossini05@hotmail.com



## OIL PAINTING LANDSCAPE

Learn the process of translating a simple photograph into a compelling painted image. The instructor will demonstrate how to focus on composition, color, line, mood and paint application. This class is open to all skill levels. The instructor will be demonstrating his style and process of painting at the first class. Material list will provide at the time of registration.

Instructor: Ebriham Amin

|               |                     |             |
|---------------|---------------------|-------------|
| Tues          | 6:00pm-9:00pm       | \$136/6 wks |
| Activity#8899 | Oct 18-Dec 6*       |             |
|               | *No class Nov 8, 22 |             |

Register at Sea Country's Front Desk  
(949) 425-5151



## TAEKWONDO

Taekwondo is a fun and safe way for the whole family to get in better shape, increase flexibility and learn the valuable art of self defense. The classes are taught by Ken DuBose, 7th Degree Black Belt, with over 30-years teaching experience. Free uniform with enrollment. \*Each additional immediate family member receives 50% discount.

|                       |               |
|-----------------------|---------------|
| Mondays/Thursdays     | 6:00pm-8:00pm |
| 7 year old+ Ongoing * | \$80/mo       |
| * No class Nov 24     |               |

Call instructor for pricing & to sign-up at (949) 395-2050

# Sea Country Excursions



Meet your trip guide, Linda! Linda is your escort on all Sea Country Trips. She has been doing the City of Laguna Niguel's trips for many years. She has visited numerous locations all over Southern California. When Linda plans a trip, it is likely that she has been there once or twice so you can trust her experience. She will be the warm-hearted smile waiting to greet you at the bus and make sure your trip runs smoothly. Those who have taken trips with Linda are always impressed and enjoy her sense of humor and bright attitude. We hope you sign up for one of our trips and get the chance to meet our Linda! Remember to register early!

## Trip Registration

1. Read Trip Procedures & Rules
2. Sign up:

### Online:

- Cityoflagunaniguel.apm.activecommunities.com
- Visit us on the web to set up your account.
- All you need is a valid e-mail address.
- Non-refundable online convenience fee will apply.

### Mail/Fax:

- Complete a registration form and mail/fax it.

### In-person/ Phone-In:

- Stop by Sea Country's front desk.
- Call Sea Country's front desk with credit card only.

## Trip Procedures & Rules

*Please read before signing up.*

1. 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.
2. If a trip participant wishes to cancel, the procedures are as follows:
  - a. Notify the Center of your intent to cancel.
  - b. Make arrangements for someone to take your place, or call the Center to see if a waiting list is available. The Center will assist in calling individuals on a wait-list; however, a replacement is not guaranteed.
  - c. If a replacement is made by the participant, Notify the Center of your replacement's name and phone number immediately.
3. 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, provided by participant. Please notify staff at the time of sign-up that you will be taking a wheelchair to ensure its space is accommodated.
4. 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.
5. The completion of a liability release form is required at the bus departure site prior to each trip.
6. All minors must be accompanied by an adult.
7. Due to liability concerns, all participants are required to depart and return on the excursion bus. Failure to follow this policy may result in restriction from future excursions.

Bus Pick-up & Parking for City Trips is at the Ziggurat, Chet Holifield Federal Building.

# Sea Country Excursions

## La Cage aux Folles at the Candlelight Dinner Theater

**Date:** Sat, Oct 1  
**Leave:** 10:00am - 5pm  
**Cost:** \$109  
**Activity #** 8900



Join us for another wonderful matinee performance and lunch at the Candlelight Pavilion in Claremont. The Broadway production of *La Cage aux Folles*, which received eleven Tony Award nominations, focuses on Georges, the manager of a Saint-Tropez nightclub featuring drag entertainment, and his partner Albin, the star attraction. Adventures ensue when Georges' son brings home his fiancée's ultra-conservative parents to meet them and the strength of family and feather boas are tested. You will enjoy this fun, musical comedy as you dine on Candlelight Cuisine in an elegant setting. Purchase your tickets today, as this is an experience you will not want to miss!

**Deadline to Register:** Aug 30

## Three Churches Tour at the San Antonio Winery w/Lunch

**Date:** Wed, Nov 9  
**Leave:** 8:30am - 5:30pm  
**Cost:** \$103  
**Activity #** 8901



Come with us as we head up to LA to Our Lady of Angels Cathedral where we will be joined by a trained docent who will lead us on a Cathedral art and architectural tour. We will then stop at the historical San Antonio Winery for lunch, before continuing on for a guided tour of St. Sophia's Greek Orthodox Cathedral, considered to be one of the most beautiful in the Western Hemisphere. Our last stop will be a self-guided visit to St. Vincent De Paul's in Los Angeles before heading home. This trip is not one to be missed.

**Deadline to Register:** Oct 17

## Mission Inn Holiday Lights Festival w/ Dinner

**Date:** Mon, Dec 12  
**Leave:** 12:30-9:30pm  
**Cost:** \$92  
**Activity #** 8902



Don't miss out on this incredible display of holiday lights at the famous Mission Inn in Riverside. We'll start off by enjoying a delicious Italian dinner at the popular Old Spaghetti Factory before heading over for our guided tour of the Mission Inn, a National Heritage Landmark. Enjoy more than 4 million dazzling lights, appearance by Santa Claus, the world's largest manmade mistletoe, horse-drawn carriage rides, freshly fallen snow, and an elaborately decorated Christmas tree. Rated #1 "Best Public Lights Display" in USA Today's 10 Best Readers' Choice, this fairyland experience is something you cannot miss!

**Deadline to Register:** Nov 19

# Services

## Calendar of Appointments

### Sept

|    |        |           |
|----|--------|-----------|
| 12 | Monday | HICAP/BEC |
| 16 | Friday | Legal Aid |

### Oct

|   |        |           |
|---|--------|-----------|
| 3 | Monday | HICAP/BEC |
|---|--------|-----------|

### Nov

|    |        |           |
|----|--------|-----------|
| 7  | Monday | HICAP/BEC |
| 18 | Friday | Legal Aid |

Appointments are required.  
Please call our front desk at (949) 425-5151

### **Legal Aid**

Legal Aid is a non-profit organization and provides civil legal counseling and services to seniors on a one time basis at no charge. Please bring all the necessary paperwork with you to your appointment. Call 949 425-5151

### **Benefits Enrollment Centers (BEC)**

Assistance is available to help low-income seniors and people with disabilities find and apply for benefit programs through OC Council on Aging. Benefit Programs include: Medicare Part D Extra Help, Medicare Savings Programs, CalFresh/Food Stamps, Medi-Cal with Medicare, Supplemental Security Income, and Utilities Assistance Program. Our counselor is here on Mondays from 9:00am - 12:00pm. Appointments are required. Call (949) 425-5151.

### **SHOPP-Senior Health Outreach & Prevention Program**

Shopp is a County of Orange, Health Care Agency community outreach and home visitation program. The mission of SHOPP is to promote optimal health for older adults and underserved adults living in the community. Services are provided by Public Health Nurses and Behavioral Health Older Adult Specialists. Pick up a pamphlet at our front desk and for further information please contact: (714) 972-3700.

### **HICAP-Health Insurance Counseling**

Do you have questions about your health insurance provider, Medicare or Medicaid? Are you having problems with your bills? If you answered "yes", then make an appointment to meet with our HICAP Counselor (Health Insurance Counseling Advocacy Program). The Orange County Council on Aging provides a Counselor who can help you answer your questions and understand your insurance better and can facilitate billing issues. Our Counselor is here monthly on Mondays from 1:00pm - 4:00pm. Appointments are required. Call (949) 425-5151

### **Advance Healthcare Directives**

Your health, without a doubt, is the most important thing in your life. In the event that something should happen to you, leaving you incapacitated, you need to have a clear plan of action concerning decisions that you may no longer be able to make yourself. An Advance Healthcare Directive is a document that contains both a Power of Attorney for Health Care and a Living Will. Pick-up your free form at the front desk or call (949) 425-5151 to have a form mailed to you.

# Offerings Provided by other Organizations

## Laguna Niguel Sr. Club

The Laguna Niguel Senior Club is a non-profit organization that operates independently from the City's Sea Country Center. The activities sponsored by the Sr. Club are open to seniors coming to the Center. The Sr. Club provides a monthly newsletter to its members. Membership meetings are offered with entertainment & lunch provided by Age Well's Nutrition Program.

No membership is required to enjoy Club-sponsored activities offered at Sea Country.

The City provides the Senior Club an office in the Center which is open Monday - Friday 10:00am - 2:00pm. For more information or to find out about the trips sponsored by the Club, call 362-2937. Senior Club sponsored trips depart from the Laguna Hills Mall.

### Sr. Club Sponsored Activities:

#### Bingo

Wednesdays 12:20pm - 3:00pm (arrive by 12:20pm)

#### Party Bridge

Wednesdays & Fridays 12:30pm - 3:30pm  
(3rd Friday 1:30pm - 3:30pm)

#### Book Group

1st Friday of the month 1:00pm-3:00pm

#### Scrabble

Thursdays 1:00pm - 3:00pm

#### Annual Membership Cost:

\$15/Year - Single

\$25/Year - Couple

## Age Well Senior Services

### Nutrition Program

Hot and cold lunches are available at Sea Country every Monday, Wednesday, and Friday provided by Age Well Senior Services. Cold lunches, weather permitting, are available on the Courtyard Tuesdays and Thursdays. Lunches are served at 11:45 a.m. A \$4.50 donation is suggested. Reservations are encouraged. For more information call (949) 362-2807.

### Meals on Wheels

For those who qualify, home delivered meals are available on a donation basis (\$7.50 suggested) for a hot lunch, cold dinner and a cold breakfast for the next morning. Monday - Friday volunteers deliver meals to those who are unable to come to the center. Please contact the Age Well nutrition coordinator at (949) 362-2807 for more information, to enroll or to volunteer.

## Ms. Senior Laguna Niguel Contest

November 18

11:45am-2:00pm

Contestants wanted (60+)

- Walk-on introduction in their formal attire.  
No bathing suit contest.
- Give a philosophy of life statement, a talent presentation: singing or dance performance, instrumental selection, a poem, sharing a painting, etc.
- Judges select a winner. Prize plus ride in an antique car in the Holiday Parade.

Call Terri Uecker for Application at (949) 831-4425

Deadline for submittal to Senior Club is Nov 1, 2016

# Services

## City Transportation Program



### City of Laguna Niguel SENIOR MOBILITY PROGRAM

The City of Laguna Niguel provides free door-to-door transportation services through its Senior Mobility Program. Taxi service brings Laguna Niguel residents from their homes to the City of Laguna Niguel's Sea Country Senior & Community Center and home again. The program operates Mon. - Fri., from 9:00am - 4:00pm, in conjunction with other activities offered for seniors at the Center. Participants are transported in California Yellow Cab Company taxis.

**Eligibility:**

- Laguna Niguel residents only, age 60+
- Must not own a car or be able to drive

**Pick up your application today at Sea Country Center.  
For more information call 949-425-5151**

# One-On-One Tutoring **FREE**

## iPad, iPhone, Android, & PC Help



Do you have questions about your iPad, Phone, Android device, and/or PC? If so, bring your device in and get your questions answered from our Teen Tech Tutors!

**Fridays  
3:30 - 4:00p**

**Appointments Required.**  
For more information please visit Sea Country's Front Desk or call (949) 425-5151



## Get Your **FREE** File of Life Cards!

File of Life is a medical information card used by emergency response teams in case of an emergency. Laguna Niguel residents ages 55+ can receive two **FREE** cards: one for your wallet and one for your refrigerator door. Cards can be picked up at the Sea Country Front Desk. Non-residents and those age 55 and under may purchase cards for \$2.00.

| FILE OF LIFE                                                                          |                |
|---------------------------------------------------------------------------------------|----------------|
|  | Name: _____    |
|                                                                                       | Address: _____ |
| Doctor: _____                                                                         | Phone#: _____  |
| EMERGENCY CONTACTS                                                                    |                |
| Name: _____                                                                           | Phone#: _____  |
| Address: _____                                                                        |                |
| Name: _____                                                                           | Phone#: _____  |
| Address: _____                                                                        |                |



Sign up for an evening Landscape Oil Painting class. No experience necessary. (pg 19)

# Amenities

## Gift Shop

The Gift Shop is open Monday - Friday from 10:00am - 2:00pm. Our lovely volunteers will be pleased to show you some of the newest items: purses, scarves, belts, hats, greeting cards, cold drinks and snacks, plus more to come! Funds from the Gift Shop go towards improvements to the Center.



## Volunteer

Sea Country is looking for help in our Gift Shop. Stop by our front desk to get more information.

## Library

The Library is open daily from 9:00am - 4:00pm. Enjoy the use of our conference table which allows laptop computers to be plugged in and powered up (WiFi Ready). Books are also available for check-out on the honor system. We ask that you take 3-4 books at a time and bring them back in the return basket. The Library Committee asks that the hard-bound covered books be returned within 2 weeks.



Looking for book donations. Hard and soft cover, and large print books preferred. No encyclopedias or text books please.

## Volunteer

### Front Entry Greeters

The Senior Committee has suggested having greeters welcome and direct patrons to the Center's front desk to receive information and assistance on senior services, programs, and activity information offered at the Center. Energetic and enthusiastic folks interested in volunteering as a door greeter are encouraged to apply. Pick up an application at the Front Desk.

## Sea Country Center

### Battery Recycling Program



Sea Country Center is now helping the community recycle batteries. Please look for our recycling container in the lobby to drop off your old batteries. Smaller sized batteries only please.

# More Events

## Special Presentations: Timeless Melodies

Come see what the hype is all about !!

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



Fridays 1:30pm - 3:00pm Tickets: \$5.00

Friday, Sep 2      1920's      Act# 8911



Friday, Oct 21      Sing-A-Long      Act# 8912

## Bunco Blast Parties

Join us for the fun game of Bunco! Bunco is an easy to learn dice game. Refreshments will be served. No experience necessary! Prizes will be won!



Fridays 1:30 - 3:00pm Free



Sep 9

Oct 7

Nov 4



RESERVATION REQUIRED!! Call Sea Country's Front Desk at (949) 425-5151 to sign-up.

# More Events

## Brain Fitness Class



**Wednesdays 1:00-2:30pm**  
**October 5-November 9**  
 6 weeks \$20 Activity# 9018

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 challenge it regularly. Sign up at the front desk today.

*Brain Fitness includes Training of these skills:*

|                  |                     |
|------------------|---------------------|
| *Memory          | * Attention         |
| *Word Naming     | *Concentration      |
| *Reasoning       | *Logical Sequencing |
| *Problem Solving | *Processing Speed   |



## HOW TO PASS WRITTEN DRIVER'S TEST

LEARN TIPS AND TRICKS ON HOW TO PASS YOUR UPCOMING WRITTEN DRIVER'S TEST



Students will learn effective methods to prepare for the written portion of the drivers test using practice tests and the driver's manual. This class will help you lose the anxiety that comes along with taking the drivers test and will help you gain the knowledge and the confidence to pass!



**REGISTER AT THE SEA COUNTRY FRONT DESK**  
**OR CALL 949-425-5151**



Sea Country Senior & Community Center  
 949-425-5151  
 24602 Aliso Creek Rd Laguna Niguel CA 92677



# Flu Shot Clinic



**Thursday,**  
**November 3rd**  
**10am-1pm**

Please call our front desk prior to Nov 3rd to confirm availability of the vaccine.

Free Flu Shot Vaccines will be available on a first come first serve basis, while supplies last.

We do not give flu shots to those who are ill on the day of vaccine, have had Gillian Barre Syndrome, or allergic to eggs.

We have a Special Treat for you,  
Pop up Parties to Pop-in and enjoy!  
NO reservation required.



*Sea Country Center Presents...*

**FALL POP-UP PARTIES!** **NEW!**

Pop into Sea Country Center and have fun at any of our three Pop-Up Parties! Stop by, grab a bite and socialize! Free- No Reservation Required.

**FREE!**

Sea Country Center •24602 Aliso Creek Rd. Laguna Niguel, Ca 92677 •(949) 425-5151

|                                                                                                                                                          |                                                                                                                                                                       |                                                                                                                                                                        |
|----------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>WEENIE ROAST</b><br/>Monday, September 12th<br/>12 pm - 1 pm</p>  | <p><b>LONGBOARD'S ICE CREAM</b><br/>Monday, October 31st<br/>12:30 pm - 1:30 pm</p>  | <p><b>Pumpkin Pie Tasting</b><br/>Wednesday, November 16th<br/>11:30 am - 1 pm</p>  |
|----------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

## Special Upcoming Offerings

### Sept

- 2- Timeless Melodies (pg.26)
- 9- Bunco (pg.26)
- 12- Pop-Up Party (Weenie Roast) (pg.7)
- 16- Written Drivers Test Taking (pg.27)
- 21- Brain Fit Lecture (pg.27)
- 22- Fall Prevention Lecture (pg.9)
- 23- Dancing at Twilight (pg.5)

### Oct

- 1- La Cage aux Folles Bus Excursion (pg.21)
- 7- Bunco (pg.26)
- 7- Hearing Lecture & Assessment (pg.8)
- 13 - Lunch& Learn (pg.7)
- 18- Medicare Lecture (pg.9)
- 21- Timeless Melodies (pg.26)
- 28- Fall Concert Chico Band (pg.6)
- 31- Pop Up Party (Ice Cream) (pg.7)

### Nov

- 3- Flu Shot Clinic (pg.27)
- 4- Bunco (pg.26)
- 7- HICAP Annual Enrollment (pg.26)
- 9- Bus Excursion 3 Churches (pg.9)
- 16- Pop-Up Party (Pumpkin Pie Tasting)(pg.7)
- 17- Fall Concert Sound FX (pg.6)

### Dec

- 9- Bunco (pg.26)
- 12- Mission Inn Bus Excursion (pg.21)



Mark you calendars for our upcoming programs this Fall! For more info. visit our Front Desk or call (949) 425-5151.



**Thursday,  
Nov 3rd  
10am-1pm**