

Sea Country Senior & Community Center

24602 Aliso Creek Road
(949) 425-5151

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

Community Center Hours:
M-Th, 6pm and Sa, 7am.

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

1900 Popular Music Begins

10034	F	Jul 6	1:30-2:30pm	\$5
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Broadway in the 40's

10035	F	Aug 3	1:30-2:30pm	\$5
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Hike Safe.

The City of Laguna Niguel is the home of approximately 80 miles of scenic trails. Many of these trails provide access to City parks and open space areas.

- Have a plan**
- Inform** someone of where you're going and when you plan to return
- Keep** a flashlight and whistle with you
- Eat** well, stay hydrated: Carry plenty of water

- Stay** on the trail
- Ask** for HELP!
- Familiarize** yourself with the area, use a map
- Expect** changes in the weather

Major trail segments include:

- Aliso Summit Trail • Colinas Bluff Trail
- Laguna Ridge Trail • Long View Park Trail
- Niguel Trail • Oso Creek Trail
- Salt Creek Trail

Turn to page 34 to see the trail map or visit CityofLagunaNiguel.org for more information.

COURTYARD CONCERTS

Join us for a Sea Country Center tradition! A variety of live music will be played in our beautiful courtyard which is a social hub bringing together community. Concerts will include live music and tasty treats.

Scott Robertson - Elvis & Beyond

10036	F	Jun 15	1:30-3pm	\$5
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Panjive - Steel Drum

10037	Th	Jul 19	1:30-3pm	\$5
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Tony O'Dell Rodgers - Classics

10038	F	Aug 17	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 (949) 425-5151

Location: SCC

F	Jun 29	1:30-3pm	Free
F	Jul 20	1:30-3pm	Free
F	Aug 24	1:30-3pm	Free



SAVE THE DATE!
SENIOR EXPO
FRIDAY, SEPTEMBER 21 9AM-12PM

Come check out the resources for today's senior. Discover a variety of vendor booths, health screenings, and vital information that will help you be health, enjoy life, and plan for the future. The Senior Expo is a lively, interactive and informative event that you will not want to miss and the event is FREE!

Sea Country's 24th Anniversary Celebration

Pop into Sea Country and celebrate our 24th birthday! There will be popcorn, carnival games, music and fun on the patio! Come one, come all! Step right up to the fun!

M	Jun 25	11:30am-12:30pm	Free
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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.

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

10023	M	Jun 4-Aug 27*	9:15-10am	\$84/ Drop-in: \$10
10024	W	Jun 6-Aug 29*	9:15-10am	\$84/ Drop-in: \$10

*No class Jul 2, 4.

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

Location: SCC

10040	Tu/Th	May 29-Jun 21*	11:30am-12:30pm	\$14/\$3 Drop-in
10041	Tu/Th	Jun 26-Jul 19	11:30am-12:30pm	\$16/\$3 Drop-in
10042	Tu/Th	Jul 24-Aug 16	11:30am-12:30pm	\$16/\$3 Drop-in

*No class Jun 7.

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. For information on the class call (888) 437-4348

Location: SCC

9997	M/W	Jun 11-Jul 9	1:45-2:30pm	\$64
9998	M/W	Jul 16-Aug 8	1:45-2:30pm	\$64
9999	M/W	Aug 13-Sep 10	1:45-2:30pm	\$64
10000	M/W	Jun 11-Sep 10	1:45-2:30pm	\$150

*No class Jul 4, 11, Sep 3.

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. (5 weeks)

Instructor: Tricia Bowman

Location: SCC

10029	F	Jun 22-Jul 27*	9:15-10am	\$36/\$8 Drop-in
10030	F	Aug 3-31	9:15-10am	\$36/\$8 Drop-in

*No class Jul 13.

Yoga

With practice; improve strength, flexibility, balance, focus and peace of mind. Take two classes (ex. Saturdays & Mondays, Saturdays & Thursdays) (18 sessions): \$179. Take Movement/Meditation with any other yoga class combo (18 sessions): \$149. For questions regarding classes call (949) 273-3660 or email yogaknights711@aol.com.

Instructor: Angie Knight

Location: SCC

9986	Gentle	M	Jun 11-Aug 13*	10-11:30am	\$112
9987	Movement/Meditation	Tu	Jun 12-Aug 14*	6:30-7:30pm	\$74
9990	Yoga	Th	Jun 14-Aug 23*	6:30-8pm	\$112
9991	Yoga Moderate	Sa	Jun 16-Aug 25*	10-11:30am	\$112

*No class Jul 2, 3, 5, 7, Aug 16, 18.

STAY CONNECTED WITH LNREC!

Follow the Laguna Niguel Parks and Recreation Department on Facebook and Instagram @LNRec for class updates, upcoming events, and programs!



ENRICHMENT

Creative Journaling

Journaling can change your life. Increase your mindful awareness. Through philosophical discussions and easy hands-on activities, this innovative workshop helps you reach your potential as a compassionate human being. Includes writing/art prompts, and poetry that can improve brain function, relieve stress, and restore your creative spirit. (8 weeks)

Instructor: MaryAnn Easley

Location: SCC

10031	Th	Jun 7-Aug 2	9:30-11:30am	\$69
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*No class Jul 5.

Writers Circle Critique

The Writer's Circle offers valuable critique on story structure, dialogue, transitions, voice, and point of view as well as marketing advice, publishing tips, and coaching. All genres. Need motivation or inspiration? Got writer's block? Need help with a work-in-progress? This is for you! (8 weeks)

Instructor: MaryAnn Easley

Location: SCC

10033	Th	Jun 7-Aug 2	1-3pm	\$69
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*No class Jul 5.

Story Structure In Fiction & Memoir

Whether leaving a legacy for family, writing a personal essay or creating a bestselling book, this workshop is designed for success. Finish your memoir or turn life stories into fiction. Story writing dynamics, valuable critique, and coaching. (8 weeks)

Instructor: MaryAnn Easley

Location: SCC

10032	Tu	May 29-Jul 31*	9:30-11:30am	\$69
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*No class Jul 3.



Take a Hike!

Numerous activities such as fishing, hiking and biking, as well as extensive trail systems are all available for outdoor fun to enhance our distinctive lifestyle. The City of Laguna Niguel is home to approximately 80 miles of scenic trails. Many of these trails provide access to City parks and open space areas. Explore all the trail options by turning to page 34.

FREE LECTURE SERIES

Preparing Your Garden For The Heat Of Summer

Listen to the local Laguna Niguel Botanical Preserve experts as they provide tips on summer planting and drought tolerant plant choices native to the Southern California region. Discover and learn about the beautiful Botanical Garden located at the heart of Laguna Niguel and the many volunteer opportunities available.

F	Jun 29	1-3pm	Free
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Allergies: Why We Get Them & How To Prevent Them

Allergies develop when your immune system mistakenly identifies a substance such as pollen, mold, animal dander, or food as harmful. Learn why we get them and what we can do about them from an Allergist/Immunologist expert. identifies a substance such as pollen, mold, animal dander, or food as harmful.

Th	July 19	1-3pm	Free
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How To Cash In On Your Treasures

Not sure what's in your jewelry box? Over time we often accumulate a collection of jewelry from family members, gifts or personal purchase. Learn how jewelry is evaluated and what to look for and why.

Tu	Aug 14	1-2:30pm	Free
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Medicare Essentials

Looking to learn more about your Medicare options? An educator for the non-profit Orange County Council on Aging and HICAP along with a representative from Monarch Healthcare will be giving an overview of the basics of the Medicare Program for those turning 65+ years old.

Th	Aug 20	6-7:30pm	Free
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Register Early!

Help us avoid cancelling classes due to low enrollment. There are 4 easy ways to register for a class: ① Online ② In Office ③ Fax in

④ Mail in.

See page 36 to register today!



SERVICES

Lunch at Sea Country Center

Hot or cold lunches are available Mon., Wed., and Fri. at 11:45am. Cold lunches are available on the courtyard Tues. and Thurs., weather permitting. A suggested donation of \$4.50 is requested for seniors age 60+. Reservations are encouraged, but not required. For more information, call the on-site nutrition coordinator at 362-2807. 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 (Health Insurance Counseling Advocacy Program)

Offered through the Council on Aging of Southern California, HICAP offers unbiased and individualized counseling on Medicare and other related health insurance topics on the first Monday of the month from 9am-12pm. The counselor can help you better understand benefits and enrollment, supplemental policies, long-term care, prescription drug plans, and other insurance concerns. Assistance with handling billing issues is also available. Counseling is free of charge. Please call (949) 425-5151 to schedule an appointment.

Legal Aid

The Legal Aid Society offers free legal advice to seniors ages 60 and older on issues including government benefits, health, housing, consumer problems, elder abuse, and more. A legal representative is available one Friday, every other month at Sea Country Senior Center for this service. Call (949) 425-5151 to schedule an appointment.

Senior Mobility Transportation Program

This program is now open, and provides limited round-trip transportation from Laguna Niguel residents' homes to Sea Country Senior and Community Center. Approved participants must be age 60+, must not own a car or be able to drive, and will be charged \$2.50 per one-way trip. For more information, call (949)425-5151.

GAMES

Billiards

Mon-Fri, 9am-4pm Free

Bingo – Sr. Club

Wed, 12:30-3pm
Must arrive by 12:20pm
(Doors close at 12:20pm)
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 visit saddleback.edu/emeritus or call the Emeritus Institute at (949) 582-4835.

Fall Schedule:

Exercise to Music

Tu/Th, 9:15-10:05am

Film as Literature

M, 12:45-3:50pm

Art History

Tu, 1-2:35pm

Stocks & Bonds

M, 1-2:50pm

Bird Life

M, 9:15am-12:20pm

Pilates

W, 9:30-11:05am

Tai Chi

Tu, 1:30-3:05pm

