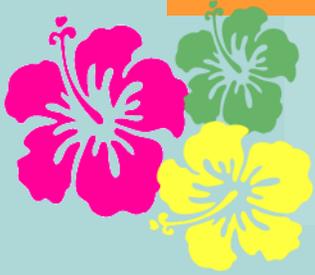




Sea Country Activity Guide



Summer 2016
June, July, August

LUAAU CELEBRATION

- ♦ Timeless Melodies-Bob Hope, June 10 pg. 22
 - ♦ Bus Excursions: pg. 17
 - Magic & Comedy Variety Show July 27
 - The "Elvis Experience" Aug 16
 - San Diego By Train Sept 16
- 

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



FULL-TIME

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

Senior Center (Daytime)

PART-TIME

Front Desk

Anne Casey
Tamberlyn Luketich
GG Sumner

Programs

Soleil Alameda
Gini Garner
Sue Hanley
Linda Teichmann

Fitness Center

Frank Rombardo

Facility

Mark Christensen
Danny Jackson
Jose Santos

Community Center (weekends/weeknights)

PART-TIME

Natalie Conklin
DelShaun Gamble
Joe Leindecker

Laguna Niguel City Council

Laurie Davies, Mayor
Jerry Slusiewicz, Mayor Pro Tem
Elaine Gennawey, 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



June

10 - Timeless Melodies—Bob Hope (pg 22)

July

8 - Timeless Melodies –American (pg. 22)

13 - Macular Degeneration Lecture (pg.5)

15 - Bunco Blast Party (pg. 22)

20 - Alzheimer Lecture (pg.5)

27 - Bus Excursion: Magic & Comedy Show (pg.17)

28- Sea Country Luau (pg. 4)

August

12 - Bunco Blast Party (pg. 22)

16- Bus Excursion– Elvis Experience (pg.17)

19 - Timeless Melodies - Swing (pg. 22)

22 - Medicare Basics 6:30pm (pg.5)

Cathy's Corner



It's summertime! Having remodeled our backyard this year, I'm looking forward to enjoying warm summer evenings and restful weekends with my husband and our two Airedale Terriers, Dino and Daisy. Some of my more relaxing days include time by our spa, enjoying a crisp cool drink, and reading a book while listening to my favorite island music. It almost takes me



back to the Hawaiian islands with the trade-winds blowing, the sweet taste of fresh fruit, and an umbrella in my cocktail! For those of you who are staying here on the mainland this summer, but still want that Polynesian experience, we are bringing paradise to you!

Mark your calendar for Thursday, July 28th and get out your Hawaiian attire. **Sea County's Luau Celebration Party** will have it all! We'll enjoy a deliciously catered Polynesian lunch, featuring coconut cake and the famous Dole Whip - a pineapple-flavored soft-serve frozen dessert, once sold exclusively at Disneyland. Our entertainers, Tapua Productions, will bring their musicians, drummers, and dancers to perform a variety of Polynesian dances featuring their darling Keiki's (children). It's not a party without fun games or a souvenir to take home, so you'll be able to capture great memories with family and friends at our exciting photo booth. Get your tickets early, as we always sell out for our exciting parties!

For those of you wanting to leave town just for the day, we've also planned some great day excursions for you to enjoy. In our effort to provide new experiences and reduced ticket prices, we've worked hard to put together new trips just for you! Don't miss out on our fun Magic and Comedy Variety Show. You'll get to see award winning magicians who've performed at the famous Magic Castle and enjoy a delicious buffet lunch at the Huntington Beach Hotel.

We also know how much everyone loves Elvis Presley! So, in honor of the King's death, 39 years ago to-the-day, we will be going to the Huntington Library Theater to relive the music and the Man, with performances by 3 of the greatest Elvis tribute artists-a tribute to 3 decades of legendary rock & roll music history. What fun! As always, tickets need to be secured early so don't delay! You don't want to miss out on all the fun!

Aloha for now,

Cathy

Sea Country Special Event

LUAAU 

CELEBRATION



THURSDAY, JULY 28

12 - 1:30PM

TICKETS: \$12

**Polynesian Catered Lunch
Dole's Famous Soft Serve
Luau Dancers
Live Music
Photo Booth - Fun Souvenir**

**Get out your luau outfit and
escape to the tropics here at
Sea Country. This is the party
you don't want to miss!**

**Tickets on Sale Now.
Stop by the front desk today!**

MENU

2 Teriyaki Chicken Brochettes
Almond Rice Pilaf
Crisp Polynesian Salad
Fresh Baked Roll & Butter

Dessert

Coconut Cake
Dole Whip Pineapple Soft Serve
(Just like Disneyland!)



FREE

Upcoming Lectures

PAGE 5

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

Macular Degeneration

Age-related Macular Degeneration is the leading cause of vision loss and blindness among Americans age 65 and older. Come and learn about the different types, stages, causes and what you can do if you're diagnosed. Ophthalmologist Charles Eifrig, MD, will discuss cutting edge treatments available today.

Wednesday July 13th 1:00 - 2:30pm Free



Healthy Brain

Are you seeing warning signs of Dementia or Normal Aging? Learn the resources to optimize your brain health and respond to issues of memory loss. Vice President of Outreach and Advocacy of the Orange County Alzheimer's Association, Patty Mouton will be here presenting on this important topic.

Wednesday July 20th 1:00 - 2:30pm Free



Signing up for MEDICARE ? Medicare Open Enrollment; What's New in 2017

Are you retired or thinking of retiring soon? Attend this informative evening lecture to help understand the complexities of the Medicare Program. Topics will include: when and how to enroll, what Medicare pays for and what is not covered, how Medicare works with your employee coverage, drug coverage, and much much more!

Monday, August 22 6:30-7:30pm 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	6/20-8/22*	M	10-11:30am
Level 1	6/21-8/16	Tu	6:30-8pm
Level 1 & 2	6/23-8/18	Th	6-7:30pm
Moderate	6/18-8/20*	Sa	10-11:30am

Cost: \$130 *No class Jul 2 & 4

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)

Instructor: Geri-Fit Certified Instructor

Mon / Wed	1:45pm - 2:30pm	Cost: \$48
	June 13-Jul 11	
	Jul 13-Aug 8	

To sign-up call Geri-fit 1 (888) 437-4348.



Need help with your iPad, iPhone, tablet, or other device?
 See page 23 for more information!

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.

Instructor: Cristina Stiefel

Tu/Th	11:30am - 12:30pm	Cost: \$16 \$3 drop-in
Activity # 8883	May 31-Jun 30	\$20
Activity # 8885	Aug 4-Aug 30	\$16
Drop-in available July 5 & 7		

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	10 weeks \$10 drop-in
Mon	Activity # 8864	May 23-Aug 29* \$91
Wed	Activity #8865	May 25-Aug 31 \$105
No class May 30, Jul 4		

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

Fitness


NEW

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: \$36
\$7 drop-in

Activity # 8890 May 27-July 1
Activity # 8877 Jul 8-Aug 12

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

MELT METHOD Workshop



This all-levels one day workshop uses specialized soft body rollers and small MELT Hand and Foot Treatment Balls to simulate the results of hands on bodywork. Learn to eliminate stuck stress before it accumulates, causing chronic aches, pains, and unwanted signs of aging.

Reduce inflammation, ease chronic neck and low back strain, improve alignment, enhance athletic performance, and keep your whole body feeling great at any age. 90 minutes

Mon 1:00pm - 2:30pm

Activity # 8893	Jun 13	\$18
Activity # 8894	Jul 11	\$18
Activity # 8895	Aug 8	\$18

\$22 drop-in available for all sessions

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

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!

**Get Fit & Stay
Healthy**

Enrichment Classes



Try a writing class this Summer at Sea Country. Our writing class instructor, MaryAnn Easley is a favorite among her students!

JOURNALING

This ongoing interactive workshop uses writing prompts, discussion and proven techniques to help you nurture your inner creativity. Journaling helps you make decisions, set priorities, solve problems, heal, overcome difficulties, become a more dynamic thinker and is the basis for memoir and fiction writing. (8 weeks)

Instructor: MaryAnn Easley

Thurs	9:30am - 11:30am	Cost: \$69
	Activity# 8872	Jul 7– Aug 25

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

WRITERS CIRCLE: CRITIQUE WORKSHOP

Writers with a work-in-progress are welcome to joining this supportive, interactive workshop to share the creative journey, discuss the writing process, and find constructive and honest critique. Fiction, Non-fiction, Memoir, Poetry, Screenplays. (8 weeks)

Instructor: MaryAnn Easley

Thurs	1:00pm - 3:00pm	Cost: \$49
	Activity# 8874	Jul 7– Aug 25

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

MEMOIR WRITING

Your memoir is an important legacy, but writing your memoir is a creative journey that takes courage and support. In this workshop, you will discover the world of memoir through example and discussion. You will begin to unravel your personal truths and learn how to use fiction writing techniques and scene elements through writing prompts and collaborative activities so that the end result will be something of value.

(8 weeks) Instructor: MaryAnn Easley

Tues	9:30am - 11:30am	Cost: \$69
	Activity# 8876	Jul 5– Aug 23

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

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 # 8870	Jul 8-Aug 12



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

Computer Classes

Register for all Computer Classes at Sea Country's Front Desk.

Instructor: Lavinia Istrate

COMPUTER ESSENTIALS

Learn the basics in order to operate your computer, including Windows 7, or Vista; learn to use their most used features, learn to place personal pictures on your computer desktop, learn to use folders to organize your documents and pictures, use CD's and Flash drives, and more. (6 weeks)

Tues 10:00am - 12:00pm Cost: \$36
Activity #8724 May 31 - July 5

HANDS-ON PROJECTS FOR THE HOME

Enhance your computer knowledge; review, reinforce and improve your computer skills acquired in prior class using a variety of home related projects, made simple and fun. Bring a flash drive 4GB, or 8GB. Prerequisite: Microsoft Office Essentials or Google Docs & Dropbox (6 weeks)

Wed. 10:00am - 12:00pm Cost: \$36
Activity# 8732 June 1- July 6

INTERNET / EMAIL II

Learn how to organize and manage favorite websites, how to remove cookies, history entries, and other tracking information. Learn how to set a personalized homepage; how to email pictures, documents and other misc. files and how to send emails to several people at once the right way. Prerequisite: Internet/Email Essentials class. (6 weeks)

Tuesday 1:00pm - 3:00pm Cost: \$36
Activity# 8728 May 31 - July 5

Try a New Computer Class

COMPUCLUB

Enjoy the amazing capabilities of your computer! You will learn to listen and/or buy music online and how people shop online from eBay, Amazon, Craigslist or any department store. Learn to read eBooks, watch TV, movies and much more. Flash drive 4Gb or 8Gb.(6 weeks)

Th. 1:00pm - 3:00pm Cost: \$36
Activity # 8734 June 2 - July 7

DIGITAL CAMERA, CD'S, AND 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# 8730 Jun 1 - Jul 6

INTERNET & EMAIL ESSENTIALS

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 contact list. Learn to send, receive and manage your emails, and more. (6 weeks)

Thurs 10:00am - 12:00pm Cost: \$36
Activity# 8726 June 2 - July 7

Saddleback Emeritus Classes

Register for Fall Emeritus Classes through Saddleback College Emeritus.

For more info call (949) 582-4835.

www.saddleback.edu/emeritus

ART HISTORY

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

Tues 1:00pm - 2:50pm

BIRDS OF THE WORLD

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

Mon 9:15am - 12:05pm

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

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

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

PILATES

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

Wed 9:30am - 11:20am

EXERCISE TO MUSIC

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

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

Sign up for one of our many
Computer Classes
Page 9



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	Cost:\$80*/8wks
	Jun 1– July 20	
Thurs.	7:00pm - 8:00pm	Cost:\$80*/8wks
	Jun 2– Jul 21	

*\$10 cash material fee is 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.

Tuesdays	7:00pm - 8:00pm	Cost:\$80*/8wks
	May 31-July 19	

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

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



CULINARY KIDS COOKING CAMP

From the oven to your tummy, chefs will be inspired to cook, create and experience in the kitchen. Come mix, mash, and mingle with us and make lots of zesty new friends in the process. All weeks will be different, so come to one or come to all. Have questions about the class? Contact Culinary Kids directly at (949) 292-4720 Or email them at Culinarykids@live.com or visit their website www.culinarykids.biz.

Instructor: Culinary Kids Staff

Mon - Fri	1:00pm - 4:00pm	Cost: \$175*
Activity # 8845	Jul 18-22	
Activity # 8846	Jul 25-29	
Activity # 8847	Aug 1-5	
Activity # 8848	Aug 8-12	
	Ages 5-12 yrs.	



*\$45 material fee is payable to the instructor on the first day.
Register at Sea Country's Front Desk
(949) 425-5151

TAEKWONDO

Taekwondo is an exciting sport that emphasizes developing physical fitness and flexibility while learning the 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

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

Sea Country at a

Monday			Tuesday			Wednesday		
9am-12pm	Backgammon		9am-12pm	Table Tennis		9am-12pm	Craft & C	
9am-4pm	Fitness Center	pg. 7	9am-12pm	Watercolor Lab	pg. 14	9am-12pm	Table Te	
9am-4pm	Billiards		9am-4:00pm	Billiards		9am-12:30pm	Open Ga	
9:15am-10:00am	Zumba Gold \$	pg. 6	9am-4pm	Fitness Center	pg. 7	9am-4pm	Billiards	
10am-11:30am	Yoga \$	pg. 6	9:30am-11:30am	Memoir Writing \$	pg. 8	9am-4pm	Fitness C	
11:45am-12:30pm	Lunch		9:30am-3:30pm	Open Games (Sun room)		9:15am-10:00am	Zumba C	
12:30pm-3:30pm	Mah Jongg	pg. 14	10am-12pm	Computer Essentials \$	pg. 9	10am-12pm	Hands on	
1pm-2:30pm	MELT Workshop \$ (6/13, 7/11, 8/8)	pg. 7	11:30am-12:30pm	Arthritis Exercise \$	pg. 6	11:45am-12:30pm	Lunch	
1pm-3pm	HICAP (6/6, 6/27, 8/1)	pg. 18	11:45am-12:30pm	Lunch (Courtyard)		12:30am-3:30pm	Bingo (d	
1pm-4pm	Culinary Kids Camp \$	pg. 11	12:30pm-3:30pm	Mah Jongg		12:30pm-3:30pm	Party Bri	
1pm-3:50pm	Film as Literature	pg. 10	1pm-3pm	Internet Email II \$	pg. 9	1pm-2pm	Beginnin	
1:45pm-2:30pm	Geri Fit \$	pg. 6	1pm-4pm	Culinary Kids Camp \$	pg. 11	1pm-2:30pm	Macular Lecture (
6:30pm-7:30	Medicare Essentials Lecture (8/22)	pg. 5				1pm-2:30pm	Healthy I (7/20)	
						1pm-3pm	Pinochle	
						1pm-3pm	Digital C Cellphon	
						1pm-4pm	Culinary	
						1:45pm-2:30pm	Geri-Fit	
Community Classes			Community Classes			HOLIDAY		
6pm-8pm	Taekwondo \$	pg. 11	6:30pm-8pm	Yoga \$	pg. 6	Sea Country Center wil following d		
			7:00pm-8pm	Intermediate Ukulele \$	pg. 11	Independence Day		

a Glance



Summer 2016

Day	Thursday	Friday
Chat <i>pg.15</i>	9am-1pm Open Games	9am-11:30am Backgammon
Tennis <i>pg.15</i>	9am-4pm Fitness Center <i>pg.7</i>	9am-3:30pm Table Tennis
Games <i>pg.15</i>	9am-4pm Billiards	9am-4pm Fitness Center <i>pg.7</i>
Center <i>pg.7</i>	9am-2pm Nurse (6/9, 7/14, 8/11) <i>pg.18</i>	9am-4pm Billiards
Gold \$ <i>pg.6</i>	9:30am-11:30am Journaling \$ <i>pg.8</i>	9:15am-10am Line Dancing \$ <i>pg.7</i>
n Projects \$ <i>pg.9</i>	10am-11am Chat with Cathy (8/11) <i>pg.23</i>	10:30am-2:30pm Legal Aid (7/15) <i>pg.18</i>
	10am-12pm Internet & Email \$ <i>pg.9</i>	11:45a-12:30pm Lunch
	11:30-12:30pm Arthritis Exercise \$ <i>pg.6</i>	12pm-4pm Open Games
doors open 11:30) <i>pg.14</i>	11:45am-12:30pm Lunch (Courtyard)	12:30pm-2pm Sr. Gen. Club Mtg (6/17, 7/15, 8/19) <i>pg.19</i>
dge <i>pg.14</i>	12pm-1:30pm Luau Celebration \$ (7/28) <i>pg.4</i>	12:30pm-3:30pm Party Bridge
g Ukulele \$ <i>pg.11</i>	12pm-4pm Duplicate Bridge	12:30pm-3:30pm Watercolor Lab
Degeneration (7/13) <i>pg.5</i>	1pm-3pm Scrabble	1pm-3pm Sr. Book Club (6/3, 7/1, 8/5) <i>pg.19</i>
Brain Lecture <i>pg.5</i>	1pm-3pm Writer's Circle \$ <i>pg.8</i>	1pm-4pm Oil Painting \$ <i>pg.8</i>
<i>pg.14</i>	1pm-3pm Compu-Club \$ <i>pg.9</i>	1pm-4pm Culinary Kids Camp \$ <i>pg.11</i>
Camera, CD's & Games \$ <i>pg.9</i>	1pm-4pm Culinary Kids Camp \$ <i>pg.11</i>	1:30-3pm Bunco (7/15, 8/12) <i>pg.22</i>
Kids Camp \$ <i>pg.11</i>		1:30pm-3:30pm Timeless Melodies \$ (6/10, 7/8, 8/19) <i>pg.22</i>
\$ <i>pg.6</i>		2:30pm-3:30pm iPad Intro Course (7/8, 7/15, 7/22, 7/29) <i>pg.24</i>
		3:30-pm4:00pm Tech Tutor one-on-one <i>pg.24</i>

DAYS	Community Classes	Saturday Community Classes
will be closed on the dates:	6pm-7:30pm Yoga \$ <i>pg.6</i>	10am-11:30am Yoga \$ <i>pg.6</i>
Monday, July 4	6pm-8pm Taekwondo \$ <i>pg.11</i>	\$ Indicates fee based class. Pre-registration is required for fee based classes. *All dates and times subject to change
	7pm-8pm Beginning Ukulele \$ <i>pg.11</i>	

Ongoing Activities

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

Spring Fling



Cinco de Mayo

Sea Country seniors enjoyed tasty tacos and warm churros while watching the Mariachis play exciting music and colorful Folkloric dancers performing.



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

"Now That's Magic" Lunch included

Date: Wed, July 27
Leave: 10:00am - 4:30pm
Cost: \$78
Activity # 8851

Come with us on a magical journey to the Huntington Beach Library Theater to see a spectacular show that is sure to leave you spellbound! "Now That's Magic" features renowned magicians with credentials that include performances at the world-famous Magic Castle in Hollywood, Las Vegas and around the world. Prepare to be mystified and entertained as these talented virtuosos present some never-before-seen illusions and award-winning sleight-of-hand tricks and escapes that would impress Harry Houdini himself. We will enjoy a delicious buffet lunch at the Huntington Beach Hotel before the show and watch the magic happen. Get your tickets, before they sell-out!

Deadline to Register: June 30



"3 KINGS...The Elvis Experience "

Date: Tues, Aug 16
Leave: 10:00am - 4:30pm
Cost: \$59
Activity # 8852

Join us for a Tribute to 3 Decades of Legendary Rock & Roll Music History. Relive the Music, the Memories and the Man with performances by 3 of the greatest Elvis tribute artists at the Huntington Beach Library Theater. Hear all the songs you love

and remember including "Hound Dog, Love Me Tender, Jailhouse Rock" and many more great hits. This is a very special matinee performance in honor of the King's death 39 years ago on this very day! Lunch on your own at Kathy May's Lake View Café located just 10 minutes from the theater. **Deadline to Register:** July 20.



San Diego by Train/ Seaport Village

Date: Fri, Sept 16
Leave: 7:30am - 6:30pm
Cost: \$99
Activity # 8853

All aboard the Amtrak for a 2-hour rail adventure down to San Diego. We'll have time to enjoy lunch on our own at either one of the full service restaurants or grab a lite bite at one of the many smaller concessions and do a little shopping at Seaport Village. With over 50 specialty shops, 4 major restaurants and 13 international eateries on fourteen acres fronting

the San Diego Bay, you're sure to find something you'll enjoy. We will then be joined on our bus by a local tour guide who will show us the highlights that San Diego has to offer before we head back up the Pacific Coast to home. Pickup & Drop-off from Ziggurat Building. **Deadline to Register:** July 28.



Services

Calendar of Appointments

June

6 - Monday BEC
 27- Monday HICAP

July

14 - Thursday Nurse
 15 - Friday Legal Aid

Aug

1 - Monday HICAP
 11- Thursday Nurse

**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 and/or Wednesdays from 9:00am - 12:00pm. Appointments are required.

Adult Public Health Nursing Services

Come visit our public health nurse. The nurse is here on the 2nd Thursday once a month from 9:00am - 12:00pm. Your free health assessment may include: health and nutritional counseling, individualized health care plan, and health care screening. The following health screening can be provided: pulse, blood pressure, hearing, vision, hemocult, hemoglobin, blood sugar, weight, and height, and skin. Please call (949) 425-5151 to schedule an appointment.

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 and/or Wednesdays 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.

OC Aging Services Collaborative



Did you know?

The Orange County Aging Services Collaborative (OCASC) is a partnership of non-profit and governmental agencies serving more than 340,000 Orange County seniors each year. Together they work to transform the system of care so all Orange County residents can age with dignity, choice and independence. To learn more about OCASC resources and events, please visit www.ocagingservicescollaborative.org or call (949) 757-3775.

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**

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.

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.

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.

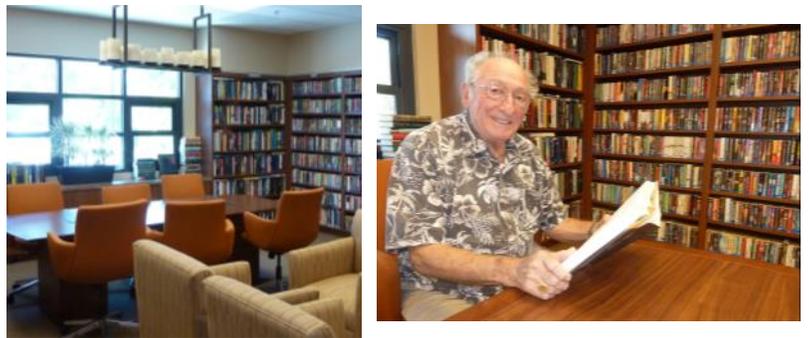


Volunteers Needed!

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.

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 & under may purchase cards for \$2.00.



Coming this Fall...
Look for our NEW
Evening
Landscape Oil Painting
class!



Details at the Front Desk

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, June 10 Bob Hope Activity#8855

Friday, July 8 American Experience Activity#8856

Friday, Aug 19 Swing Activity# 8857



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



July 15
August 12
Sept 9



More Events



Chat with Cathy and her staff

Come by, say hi, and let's chat.

Administering the Center is a busy job, working with program and facility staff to bring you the many offerings that enrich your lives, making Sea Country one of the finest centers around!

Meet me and my staff and get to know us! Learn about what we do and let us get to know you!

Join us for a friendly cup of coffee in the lounge on Thursday, August 11th at 10:00 am.



The Wizard of Oz

7pm July 29 – 30, August 5 – 6
2pm July 31 and August 7

Sea Country Senior & Community Center
24602 Aliso Creek Road
Laguna Niguel, CA 92677

\$20 per Adult
\$17 per Senior, Student, & Military

by L. Frank Baum
Music & Lyrics by Harold Arlen & E.Y. Harburg
Book adaptation by John Kane

LAGUNA NIGUEL COMMUNITY THEATRE
www.LagunaNiguelTheatre.org

Tech Tutor Class



Do you have questions about your iPad, iPhone, Android device, and/or PC? If so, get your questions answered from our

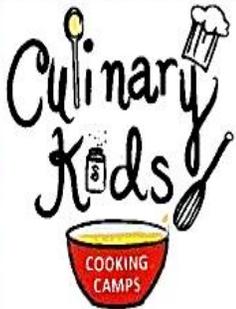
Tech Tutors!



FREE Fridays 3:30-4:00pm
July 8-29

Appointments Required. Please make an appointment at Sea Country's Front Desk or call 949-425-5151.





LAGUNA NIGUEL SUMMER COOKING CAMPS

for chefs ages 5-12

We'll See You In The Kitchen!

www.culinarykids.biz

From the oven to your tummy, you will be inspired to cook, create and experiment with food. Come mix, mash and mingle in the kitchen and make lots of zesty new friends in the process.



to register for Laguna Niguel Camps contact:

cityoflagunaniguel.apm.activecommunities.com

Sea Country Community and Senior Center

24602 Aliso Creek Road, Laguna Niguel, CA 92677

(949) 425-5151

Camps are MONDAY-FRIDAY • Time: 1:00-4:00pm

7/18-7/22	Iron Chef	
7/25-7/29	Eat the Rainbow	
8/1-8/5	Italian Cuisine	
8/8-8/12	Fun with Fundamentals	

Culinary Kids Cooking Camp \$175 · Culinary Cooking Kids, LLC

A \$45 material fee is payable to the instructor for all food/supplies.

Come to one or come to ALL... all camps will be different!!

We hope your kids will join us again this summer!

f - Culinary Kids t - @CulinaryKidsCK g+ - CulinaryKids4ever in - Culinary Kids

Join us for a Sea Country Luau Celebration



July 28th
12:00pm
Tickets \$12

See
Page 4



iPad Intro Course

And One-on-One Tutoring Following Each Course

Do you have an iPad, and want to know how to use all of its features? Our tech tutors will teach you everything you need to know. Sign-up for this 4 week course and we know you will become an expert!

Course Overview:

Class Time: 2:30-3:30pm (4 weeks)

One-on-One Tutoring Time: 3:30-4pm

Course 1: Friday, July 8

Course 2: Friday, July 15

Course 3: Friday, July 22

Course 4: Friday, July 29

FREE

Course 1: Turn it on! The first class, seniors will learn how to turn on the screen of their iPads, and become familiar with the iPad home screen and what it offers.

Course 2: Apps! Short for applications, Apps are programs that can function on the iPad. Students will be taught how to access useful applications such as Safari and Reminders.

Course 3: Apps Part 2! Students will be taught how to download free apps like eBooks, BBC News, and TED Talks. Students will also learn how to arrange and access downloaded applications.

Course 4: Review! As a class we will go over what we have learned and ensure that the seniors will be able to conduct activities on the iPad without any assistance. The class will conclude with students downloading a game and playing with their classmates.

Sign up today!
Visit Sea Country's Front Desk
or call (949) 425-5151.

**One-On-One
Tutoring
3:30-4pm**

Following each class our Tech Tutors will be available by appointment only for questions on their devices.

