

EXCURSIONS CONTINUED

“Footloose” at the Glendale Centre Theatre

DEADLINE FOR SIGN-UPS: Jul 21

We're off to see a matinee performance of the fun, high energy musical "Footloose" at the old charming Glendale Centre Theatre. We'll have plenty of free time to enjoy lunch on our own in Glendale within walking distance of the theater. We're limited on tickets, so sign up early so you don't miss out!

Register: In office, mail, fax or online

Location: Ziggurat Federal Building, Parking Lot

9338	Sa	Aug 26	10am-7pm	\$75
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Trip Procedures & Rules

Please read before signing up.

- No refunds / credit** will be given unless the trip is cancelled by the City. Trip refunds will be issued only to the individual(s) listed on the sign-up sheet. Online service fees will not be refunded by the City.
- If a trip participant wishes to cancel, the procedures are as follows:
 - Notify the Center of your intent to cancel.
 - Make arrangements for someone to take your place or call the Center to see if a waiting list is available.
 - If replacement is made by the participant, notify the Center of your replacement's name and phone number immediately.
- All trip participants must be self-sufficient and capable of walking and climbing stairs without assistance of others. If unable to do so, a wheelchair and/or trip attendant will be required and prior arrangements need to be confirmed. Please notify staff at the time of registration if wheelchair arrangements are required.
- Trip participants are encouraged to notify a family member/friend of his/her trip destination and come prepared with emergency and medical information on the day of the trip.
- The completion of a liability release form is required prior to each trip.
- All minors must be accompanied by an adult. For more information, call (949) 425-5151.
- Due to liability concerns, all participants are required to depart and return on the excursion bus.
- All trips depart from the Ziggurat Federal Building parking lot in Laguna Niguel.

Sea Country Senior & Community Center
 24602 Aliso Creek Road
 (949) 425-5151
Senior Center Hours: M-F, 9am-4pm
Community Center Hours: Open for classes/room rentals as scheduled. Call for information.

Live Ballroom Dance Show

Welcome to Sea Country's Dancing with the Stars! Enjoy a fanciful afternoon of decadent food and extravagant dance performances. You will be entertained by a variety of dances and be amazed with all the beautiful costumes. Get your ticket early for this Momentous and Mesmerizing Event.

Location: SCC

9145	Th	June 22	12-2pm	\$12
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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



GENE KELLY - PART 2

9263	F	May 5	1:30-3pm	\$5
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GEORGE GERSHWIN

9339	F	Jul 7	1:30-3pm	\$5
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THE 50s FROM SWING TO SING

9340	F	Sep 1	1:30-3pm	\$5
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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.

Jun 15	1-2:30pm	Tony O'Dell Rodgers/Standards	\$5
Jul 14	1-2:30pm	Renown Muzic /Motown	\$5
Aug 10	1-2:30pm	Tommy Tassi/Oldies	\$5



COMPUTER CLASSES

Computer Classes at Sea Country Center
Register/Information: Call (949) 425-5151
Instructor: Lavinia Istrate / Location: SCC

Computer Basics for Everyone

Computers for beginners. Learn about using Microsoft Windows, create files and folders, tips and tricks about pictures and computers. Get familiar or better with using the mouse, keyboard and USBs.

9341	Tu	May 30-Jul 11*	10am-12pm	\$36
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*No class Jul 4.

Internet & Email Essentials I

Learn the tips and tricks of navigating the internet, and how to save your favorite websites, how to find people and places online. Learn or become better using emails, how to send emails the right way, reply, forward and email photos. Use your Gmail or create a new one; easy, useful and very popular.

9342	Th	Jun 1-Jul 6	10am-12pm	\$36
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Internet & Email -Beyond Basics II

Master internet navigation skills; organize your favorite websites, tips and tricks on internet videos, YouTube, Google Maps. Use popular websites to watch movies, shows, listen to music. Advance techniques and tips on using your emails, changing passwords and more.

(Prerequisite: Internet & Email Essentials)

9343	Tu	May 30-Jul 11*	1-3pm	\$36
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*No class Jul 4.

Digital Camera & Cellphone Photos

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

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

9344	W	May 31-Jul 5	1-3pm	\$36
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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: Flash drive 4GB, or 8Gb. (6 weeks)

(Prerequisite: Microsoft Office Essentials or Google Docs & Dropbox)

9345	W	May 31-Jul 5	10am-12pm	\$36
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Google Docs & Photo Albums

Learn the magic of Google programs "cloud based" basics most used to write notes or letters, create flyers, to do lists, and more. Learn to create useful spreadsheets such as monthly expenses, easy budgets and how to make greeting cards. Making changes in a document, how to save it and send it via email is also covered.

9346	Th	Jun 1-Jul 6	1-3pm	\$36
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ENRICHMENT

Journal Writing

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

Instructor: MaryAnn Easley

Location: SCC

9347	Th	Jun 8-Aug 3*	9:30-11:30am	\$69
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*No class Jul 5.

Writers Circle Critique

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

Instructor: MaryAnn Easley

Location: SCC

9348	Th	Jun 8-Aug 3*	1-3pm	\$56
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*No class Jul 5.

Memoir Writing

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

Instructor: MaryAnn Easley

Location: SCC

9349	Tu	Jun 6-Aug 1*	9:30-11:30am	\$69
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*No class Jul 4.

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. (8 week)

Instructor: Tricia Bowman

9350	F	Jun 23-Aug 25*	9:15-10am	\$51/\$8 Drop-in
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*No class Jul 5, 21, 28



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, a medical release form, to be signed by your doctor, is required at the time of registration. Proof of residency is required by showing a utility bill. Fitness Center membership cards will be issued once all required forms are submitted and an equipment orientation has been completed.

FITNESS / WELL-BEING

Yoga

With practice, improve strength, flexibility, balance, focus and peace of mind. Four different levels of classes, each 11 sessions for the season. Pre-registration by May 13- \$147**-\$176 thereafter. Take Two sessions (i.e. Saturdays & Tuesdays): \$198 for 22 classes by May 13.

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

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

Gentle Yoga	M	Jun 5-Aug 21	10-11:30am	18+yrs	\$147*
Yoga Basics	Tu	Jun 6-Aug 22	6:30-8pm	18+yrs	\$147*
Yoga Level 1&2	Th	Jun 8-Aug 24	6-7:30pm	18+yrs	\$147*
Yoga Moderate	Sa	Jun 10-Aug 26	10-11:30am	18+yrs	\$147*

*No class Jul 3, 4, 6, 8

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

9355	M	Jun 5-Aug 21	9:15-10am	\$84
9356	W	Jun 7-Aug 23	9:15-10am	\$84

Drop-in: \$10

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

9351	Tu/Th	May 25-Jun 20	11:30am-12:30pm	\$16
9352	Tu/Th	Jun 22-Jul 20*	11:30am-12:30pm	\$16
9353	Tu/Th	Jul 25-Aug 17	11:30am-12:30pm	\$16
9354	Tu/Th	Aug 22-Sep 14	11:30am-12:30pm	\$16

Drop-in: \$3

*No class Jul 4

Geri-Fit® Workout with Weights For Older Adults

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

REGISTER: Call Gerifit 1-888-437-4348

Instructor: Geri-Fit Staff

Location: SCC

M/W	Jun 21-Jul 17	1:45-2:30pm	\$48
M/W	Jul 24-Aug 16	1:45-2:30pm	\$48
M/W	Aug 21-Sep 18	1:45-2:30pm	\$48

FREE LECTURE SERIES

Peripheral Vascular Disease

Isabella Kuo, MD who will share her research, knowledge and expertise about Peripheral Vascular Disease and heart health. She will discuss issues such as common Peripheral Vascular Diseases, disease prevention and the latest treatments. Come learn more about Peripheral Vascular Disease! Call front desk to register.

Jun 8	2-3pm	Free
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Hearing Lecture and Assessment

Dr. Maria Abramson will be administering a free hearing test for you to take on the computer. Each person will have individualized results and an explanation for you to take home. She will explain the degrees of hearing loss and the effects of untreated hearing loss. Learn what you can do to avoid the impacts of hearing loss.

Jun 9	10am-12pm	Free
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FREE LECTURE SERIES CONTINUED

Cutting Edge Treatment Options for Macular Degeneration

Age-related Macular Degeneration is the leading cause of vision loss and blindness among Americans age 60 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.

Jul 27 1:30-3:00pm Free

What to Expect at Your Medicare Wellness Visit

Medicare covers a yearly appointment to discuss your plan of preventive care in the coming year. Attend this informative evening lecture to help understand the complexities of the Medicare Program. Family Medicine, Arnold Cuenca, DO, will discuss the different components of this visit and how to get the most out of it.

Aug 21 6:30-8pm Free

SERVICES

Lunch at Sea Country Center

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

Meals on Wheels

For those who qualify, home delivered meals are available through Age Well Senior Services. Monday-Friday, volunteers deliver meals to those who are unable to come to the center. For more information call (949) 362-2807.

HICAP

A HICAP (Health Insurance Counseling Advocacy Program) counselor is here on the first Monday of the month from 1-3pm. The counselor will help you answer your questions and understand your insurance better and can facilitate the handling of billing issues. Please call (949) 425-5151 to schedule an appointment.

Benefits Enrollment Program

New assistance geared towards helping low-income seniors and people with disabilities find and apply for benefit programs through OC Council on Aging. Program includes: Medicare Part D Extra Help, Medicare Savings Programs, CalFresh/Food Stamps, Medi-Cal with Medicare, Supplemental Security Income, and Utilities Assistance Program. Counselor available on Mondays and/or Wednesdays 9am-12pm. Appointment required, call (949) 425-5151.

GAMES

Bingo – Sr. Club

Wed, 12:30-3pm
Must arrive by 12:20pm
(Doors close at 12:20pm)
Doors open at 11:30am
Call the Sr. Club for pricing: (949) 362-2937

Bridge – ACBL Duplicate

Th, 12-4pm \$7/day
Call Mary at (949) 275-5602 or email at mscott40@cox.net

Bridge (Party) – Sr. Club

Wed, Fri (1st, 2nd, 4th)
12:30-3:30pm Free
Call Marina Lopez (949) 240-7631

Mah Jongg

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

Backgammon

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

Pinochle

Wed, 1-3pm Free

Table Tennis

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

Scrabble – Sr. Club

Th, 1-3pm Free



EMERITUS INSTITUTE

Saddleback College Emeritus Classes

Founded in 1976, the Saddleback College Emeritus Institute was established to create lifelong learning opportunities primarily for the older adult. A dynamic array of high-quality, academic classes are available in over 30 disciplines, taught by expert instructors. Classes are offered at a variety of locations throughout the community on a non-credit, tuition-free basis. For more information: saddleback.edu/emmeritus or call the Emeritus Institute at (949)582-4835

Fall Schedule:

Exercise to Music

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

Film as Literature

Mon., 1-3:50pm

Art History

Tu, 1-2:35pm

Stocks & Bonds

Mon., 1-2:50pm

Bird Life

Mon., 9:15am-12:05pm

Pilates

Wed., 9:30-11:05am

Tai Chi

Tu, 1:30-3:05pm

SEA COUNTRY CENTER: (949) 425-5151

ONLINE REGISTRATION: CityofLagunaNiguel.org/Registration | REGISTRATION FORM: Inside Back Cover

