

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.

Center Closed: May 29

Annual Poetry Month Celebration

Join us as we celebrate National Poetry Month. Experience outstanding performance poets, live music, art, and refreshments. This event will feature local poets, musicians, and writers.

To Register: In office or call (949) 425-5151

Location: Sea Country Center

Th	Apr 26	12:30-3pm	Free
----	--------	-----------	------

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	Mar 23	1:30-3pm	Free
F	Apr 20	1:30-3pm	Free
F	May 25	1:30-3pm	Free

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

Rodgers & Hammerstein

9804	F	Apr 6	1:30-2:30pm	\$5
------	---	-------	-------------	-----

The Ladies Sing

9805	F	May 4	1:30-3pm	\$5
------	---	-------	----------	-----

COUNTRY QUEENS LIVE SHOW

Come and experience tributes to some of the world's greatest female country music artists of our time like Dolly Parton, Loretta Lynn, and Patsy Cline to just name a few, in this non-stop, foot-stompin, comedy and impressions show. Make sure you don't miss this enjoyable afternoon of comedy, music and pure entertainment! Light refreshments will be served. Buy your tickets now! You won't want to miss this show!

Information: Call (949) 425-5151

Location: SCC

9806	Tu	Apr 12	2-3:30pm	\$10
------	----	--------	----------	------

LAGUNA NIGUEL SENIOR GAMES

The City of Laguna Niguel is proud to present our inaugural "Senior Games."



This sporting event for ages 55 and older will take place on Saturday March 10th and Sunday March 11th. The games to be played include *Billiards, Bocce Ball, Pickle*

Ball, Soccer, Swimming, and Table Tennis. There will be an opening ceremony on Friday March 9th from 4pm to 6pm and a closing ceremony on Sunday March 11th from 4pm to 6pm. Everyone is invited to enjoy the sports and festivities. **Preregistration for participation in the sports to be played is mandatory. Registration information can be found at www.cityoflagunaniguel.org**



COMPUTER CLASSES

Computer Classes at Sea Country Center

Register/Information: Call (949) 425-5151

Instructor: Lavinia Istrate

Location: SCC

Computer Basics for Beginners

Learning to use Computers the simple and fun way for Beginners! Computers for beginners is an intro to desktops, laptops, notebooks, tablets/ iPads, etc. Learn about using Microsoft Windows; create files and folders, tips and tricks about pictures and computers. Get familiar or better with using the mouse, the key board, and USBs. No need to own a computer. Walk-in welcome. (6 weeks)

9807	M	Feb 26-Apr 2	10am-12pm	\$36
9808	Tu	Apr 17-May 22	10am-12pm	\$36

Internet & Email for Everyone

Learn the ins and outs of navigating the Internet, how to save your favorite websites, how to find people and places online, and much more. Learn how to send, forward, and reply to emails, send pictures via email. You will learn to manage your contacts, add new contacts, remove others, make changes, etc. use your Gmail or create a new one-easy, useful, and very popular.

9809	Th	Mar 1-Apr 5	10am-12pm	\$36
9810	Th	Apr 19-May 24	10am-12pm	\$36

Internet & Emails-Part II

Learn how to master navigating the Internet and organize your favorite websites. Learn tips and tricks on how to master Internet videos, you Tube, Google Maps, Google Earth and much more. Use popular websites to watch movies, TV shows, listen to music or talk shows. This class will teach you how to print from the internet and your emails. Learn tips and tricks on using your emails, changing passwords, saving pictures sent to you on emails, and lots more.

(Pre-requisite: Internet & Email Essentials, Gmail account)

9811	M	Feb 26-Apr 2	1-3pm	\$36
9812	Tu	Apr 17-May 22	1-3pm	\$36

Digital Camera, Cellphones or Tablets Photos

Learn how to download pictures from your digital camera, cell phone, smartphone, tablet or even a CD. Store & organize your photos on your computer or use Google Drive. Edit pictures by enhancing, rotating, changing the brightness or contrast, and have them ready to be used in your projects or be sent by email. Learn to edit using different Microsoft programs and Picasa.

9813	W	Feb 28-Apr 4	1-3pm	\$36
9814	W	Apr 18-May 23	1-3pm	\$36

Hands-On Projects Online

Get ready to explore the world wide web, by searching, visiting sites and shopping online. Learn tips about online banking. Listen to Podcasts, your favorite music, and talk shows. Read blogs and books, and virtually travel online.

(Prerequisite: Internet& Emails Basics)

9815	W	Feb 28-Apr 4	10am-12pm	\$36
9816	W	Apr 18-May 23	10am-12pm	\$36

Google Docs & Photo Albums

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

9817	Th	Mar 1-Apr 5	1-3pm	\$36
9818	Th	Apr 19-May 24	1-3pm	\$36

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. Limit: 26 (8 weeks).

Instructor: MaryAnn Easley

Location: SCC

9819	Th	Mar 15-May 3	9:30-11:30am	\$69
------	----	--------------	--------------	------

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, & coaching. All genres. Need motivation or inspiration? Got writer's block? Need help with a work-in-progress? This is your tribe. Limit: 15. (8 weeks)

Instructor: MaryAnn Easley

Location: SCC

9820	Th	Mar 15- May 10*	1-3pm	\$69
------	----	-----------------	-------	------

*No class Apr 26.

Story Structure Memoir and Fiction

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. Let's write! Limit: 20. (8 weeks)

Instructor: MaryAnn Easley

Location: SCC

9821	Tu	Mar 13-May 1	9:30-11:30am	\$69
------	----	--------------	--------------	------



Sea Country Fitness Center for Adults 50+

The fitness center has 15 pieces of equipment including cardio, strength and flexibility.

Hours of Operation

Monday – Friday, 9am-4pm

Annual Fitness Center Fee

Residents:

\$25 for Group Equipment Orientation
\$45 for an Individual Equipment Orientation

Non-Residents:

\$40 for Group Equipment Orientation
\$60 for an Individual Equipment Orientation

The Fitness Center is located within the Sea Country Senior and Community Center. A registration packet that includes a registration form, liability waiver, and a medical release form, to be signed by your doctor, is required at the time of registration. Proof of residency is required by showing a utility bill. Fitness Center membership cards will be issued once all required forms are submitted and an equipment orientation has been completed.

FITNESS / WELL-BEING

Line Dancing

Line Dancing is a fun and easy way to get moving. Come learn this popular dance and get in shape at the same time! This class is appropriate for beginners and no partner is needed! Classes are taught indoors. (6 weeks)

Instructor: Tricia Bowman

Location: SCC

9822	F	Mar 2-Apr 13*	9:15-10am	\$45/\$8 Drop-in
9823	F	Apr 20-May 25	9:15-10am	\$45/\$8 Drop-in

*No class Apr 6.

Yoga

With practice; improve strength, flexibility, balance, focus, and peace of mind. Pre-registration for Gentle, Yoga, Moderate, by March 3-\$109 (9 sessions) -\$144 thereafter. Pre-register for MOVEMENT/MEDITATION by March 3-\$74* (9 sessions) \$108 AFTER Take TWO sessions (i.e. Saturdays & Mondays or Tuesdays and Thursday: 18 classes by March 3-Deduct 25%

REGISTER: Call (949)273-3660 / yogaknights711@aol.com / Website: yogaknights.com

Instructor: Angie Knight

Location: SCC

Gentle	M	Mar 19- May 21	10-11:30am	18+yrs	\$109*
Movement/Meditation	Tu	Mar 20- May 15	6:30-7:30pm	18+yrs	\$74*
Yoga	Th	Mar 22- May 17	6:30-8pm	18+yrs	\$109*
Yoga Moderate	Sa	Mar 24-June 2	10-11:30am	18+yrs	\$109*

*No class Mar 31, Apr 2, May 26.

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

9824	M	Mar 5-May 21	9:15-10am	\$84
9825	W	Mar 7-May 23	9:15-10am	\$84

Drop-in: \$10

Arthritis Exercise

A gentle exercise class offered for people with Arthritis. Exercises can be performed standing or sitting. Classes are taught by an Arthritis Foundation Certified Instructor. Building breath and body awareness through implementing balance, coordination, cardio, and stretching exercise with weights and stretching bands. It improves and maintains your daily activities while having fun and making new friends. Drop-ins welcome. (8 classes)

Instructor: Cristina Stiefel

Location: SCC

9826	Tu/Th	Mar 1-27	11:30am-12:30pm	\$16
------	-------	----------	-----------------	------

Drop-in: \$3

Geri-Fit® Workout with Weights For Older Adults

Improve your strength, stamina, balance, and arthritic conditions in this 45-minute evidence-based strength training exercise class for older adults. No aerobics or floor work. Most of the exercises are done seated in chairs. Bring a set of 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

Location: SCC

M/W	Mar 12-Apr 4	1:45-2:30pm	\$64*
M/W	Apr 11-May 7	1:45-2:30pm	\$64*
M/W	May 9-Jun 6	1:45-2:30pm	\$64*
M/W	Mar 12-Jun 6	1:45-2:30pm	\$150**

*No class Apr 9, May 28.

**3 Month Rate.

Brain Fitness Class

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

Location: SCC

9829	W	Apr 4-May 9	1-2:30pm	\$20
------	---	-------------	----------	------

FREE LECTURES

5 Wishes

Give a gift to yourself and your family by putting your future healthcare wishes down in writing. The Vitas doctor will show you the value of Advanced Health Care Directive Form and clarify the many options! Forms will be provided to take home so you can speak to your family about your wishes.

Th	Mar 8	1-3pm	Free
----	-------	-------	------

Mood & You: Lunch & Learn

Your Mood & You! Join us for a presentation on Aging Positively and your outlook on life. Enjoy a healthy and delicious buffet salad bar lunch with all the toppings.

Th	Apr 19	1-3pm	Free
----	--------	-------	------

Medications + Herbs +Supplements- A Prescription for Disaster

You will gain an understanding of how taking more than one kind of medication, and mixing prescriptions with common over-the-counter drugs and herbs can increase your possibility for interactions.

Th	May 10	1-2:30pm	Free
----	--------	----------	------

Colon Cancer Prevention - Achievable for Everyone!

The steps and latest innovations to stay ahead of this preventable condition will be presented by UCI Medical Center.

M	Mar 19	1-2:30pm	Free
---	--------	----------	------

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 Tuesday and Thursday, weather permitting. 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 9am-12pm. The counselor will help you answer your questions and understand your insurance better and can facilitate the handling of billing issues. Please call (949) 425-5151 to schedule an appointment.

Benefits Enrollment Program

New assistance geared towards helping low-income seniors and people with disabilities find and apply for benefit programs through OC Council on Aging. Program includes: Medicare Part D Extra Help, Medicare Savings Programs, CalFresh/Food Stamps, Medi-Cal with Medicare, Supplemental Security Income, and Utilities Assistance Program. Counselor available on the first Monday of the month from 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)
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.

Spring Schedule:

- | | |
|---|---------------------------------------|
| Exercise to Music
Tu/Th, 9:15-10:05am | Bird Life
M, 9:15am-12:20pm |
| Film as Literature
M, 12:45-3:50pm | Pilates
W, 9:30-11:05am |
| Art History
Tu, 1-2:35pm | Tai Chi
Tu, 1:30-3:05pm |
| Stocks & Bonds
M, 1-2:50pm | |
| It's Your Money Workshop
Apr 10-May 29
Tuesdays, 1-2:30pm
Call (949) 425-5151 for reservation | |

