

ART

Oil Painting – Still Life Setup, Composition and Painting

Learn the art of setting up 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 mandatory supply list at the time of registration. (6 weeks)

Instructor: Ebrahim Amin
Location: SCC

9801	F	Apr 20-May 25	1-4pm	18+ yrs	\$160
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Oil Painting Landscapes

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 as well as his style and process of painting at the first class. This class is open to all skill levels. Material list provided at the time of registration. (6 weeks)

Instructor: Ebrahim Amin
Location: SCC

9799	Tu	Apr 10- May 15	6-9pm	18+yrs	\$180
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DANCE / MUSIC

Ballet for Adults

Join a fun, easy, beautiful and non-intimidating Ballet class! Learn the art of ballet and discover your femininity with this strong internal workout. Improves flexibility, strength, balance, posture, and elongates muscles. Come comfortable with ballet slippers. Taught by a professional N.Y. dancer. No previous experience required. (10 weeks)

Instructor: Roxanne Bell / **Location:** RDS

9716	Beg.	M	Mar 5-May 7	10:30-11:30am	18+yrs	\$115
9717	Intro.	Tu	Mar 6-May 8	11am-12pm	18+yrs	\$115
9718	Inter.	Tu	Mar 6-May 8	5:30-6:30pm	18+yrs	\$115
9719	Beg.	W	Mar 7-May 9	10:30-11:30am	18+yrs	\$115
9720	Beg.	Th	Mar 8-May 10	5:30-6:30pm	18+yrs	\$115
9721	Beg.	F	Mar 9-May 11	10:30-11:30am	18+yrs	\$115

Ballet Barre for Adults

Want a ballet dancer's body without actually dancing? This barre class will lead you through ballet stretches on a mat along with core/Pilates exercises that will improve balance and increase flexibility. This class gives the student long lean and strong muscles like a ballerina. Taught by a professional N.Y. dancer. Come comfortable and bring a mat. Strong internal workout! (10 weeks)

Instructor: Roxanne Bell / **Location:** RDS

9714	M	Mar 5-May 7	11:35am-12:35pm	18+ yrs	\$115
9715	W	Mar 7-May 9	11:35am-12:35pm	18+ yrs	\$115

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. Intermediate classes on Tuesday and Beginning on Thursday. (6 weeks)

REGISTER: Call instructor at (949) 364-1643 or email: rossiniO5@hotmail.com

Instructor: Ross Costa / **Location:** SCC

Tu	Mar 6-Apr 10	7-8pm	18+ yrs	\$60*
Tu	Apr 17-May 22	7-8pm	18+ yrs	\$60*
Th	Mar 8-Apr 12	7-8pm	18+ yrs	\$60*
Th	Apr 19-May 24	7-8pm	18+ yrs	\$60*

*\$10 material fee payable to instructor.

DOG SERVICES

Dog Obedience

Establish better manners and correct behavior problems such as destructive chewing, digging, jumping, etc. for all breeds of dogs over five months (four months for larger dogs). Introduces proper heel, automatic sit, sit-stay, down-stay, stand for inspection, come with finish, as well as hand signals, long-distance work, and boundary training. Trophies and certificates will be awarded at graduation. First meeting held without dogs (orientation). Bring a lawn chair, shot records and \$10 materials fee on first day of class. (7 weeks)

Instructor: Wendy Brookhyser, Hacienda Hills Dog Obedience Club
Location: CVP (1st meeting by Flagpole)

9732	Tu	Mar 13-Apr 24	6:30-7:30pm	18+ yrs	\$98**
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**\$10 materials fee due to instructor at first class. (Includes training manual)

Dog Manners “Crash Course”

Accomplish your training goals and get behavior problems under control in just four weeks! Exercises will include sit and down on command, stay in sit or down position with distractions, come when called and controlled walking on a leash. For dogs ages four months or older. Vaccinations must be current. **Dogs attend all meetings.** Pre-registration required. (4 weeks)

Instructor: Wendy Brookhyser, Hacienda Hills Dog Obedience Club
Location: HHP

9731	Sa	Apr 21-May 12	10-11:15am	18+ yrs	\$86*
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*\$5 insurance fee due to instructor at first class.



DOG SERVICES CONTINUED

Frisbee Dogs...Catch the Fun

Discover the fun sport of Frisbee Toss 'n Fetch in this introductory workshop! Avid Disc-Dog competitor, David Procida, will give you personalized instruction on proper Frisbee throwing techniques and will help you get your dog motivated to go for a disc and to bring it back to you. Find out if your dog has the potential to become a star! Please pre-register, and bring your dog on a leash and collar. Please bring current vaccination records and \$5 materials fee (includes a Frisbee).

Instructor: David Procida, Hacienda Hills Dog Obedience Club
Location: HHP

9733	Su	Apr 8	4-5:30pm	18+ yrs	\$28*
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*\$5 materials fee due to instructor at first meeting.

FITNESS

Adult Beginner Tennis

Basic fundamentals covering groundstrokes, volleys and serves will be addressed along with rules and scoring so that players can learn match play. Players must wear non-marking soled tennis shoes. Tennis racquets provided. (8 weeks)

Instructor: Arthur Castro
Location: Dana Hills Tennis Center

9709	M	Mar 12-May 7*	6-7pm	17+ yrs	\$160
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*No class Apr 2.

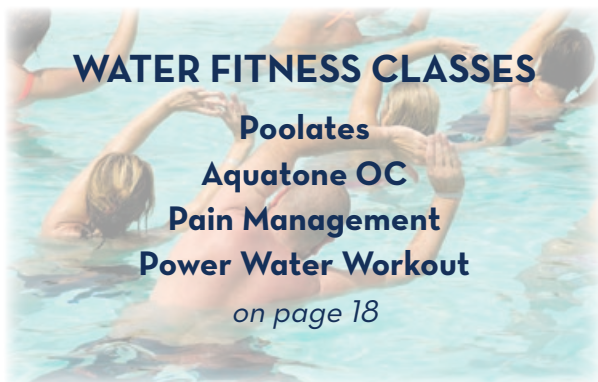
Adult Beginner/Intermediate Tennis

Review of fundamentals covering ground strokes, volleys and serves, increased attention to learning basic tactics involved with game playing. Players must wear non-marking soled tennis shoes. Tennis racquets provided. (8 weeks)

Instructor: Arthur Castro
Location: Dana Hills Tennis Center

9710	M	Mar 12-May 7*	7-8pm	17+ yrs	\$160
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*No class Apr 2.



WATER FITNESS CLASSES

Poolates
Aquatone OC
Pain Management
Power Water Workout

on page 18

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-Jun 2	10-11:30am	18+ yrs	\$109*

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

EXCURSIONS

For information about excursions, call **Sea Country Center at (949) 425-5151.**

West Side Story at the Glendale Centre Theatre

DEADLINE FOR SIGN-UPS: Mar 7

We invite you to join us for another wonderful musical at the Glendale Centre Theatre to see the romantic tragedy of "West Side Story". This old and charming theatre is the longest continuously running theatre in the United States, operating since 1947. This wonderful theater-in-the-round is located in the center of downtown Glendale, where every seat is guaranteed to be a good seat. You'll also have plenty of free time to enjoy lunch on your own within walking distance of the theatre. Don't miss out on this classic!

Register: In office, mail, fax or online
Location: Ziggurat Federal Building, Parking Lot

9830	Sa	Apr 14	10:30am-7pm	\$81
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USS Iowa Battleship Tour with Lunch at Neil's Pasta & Seafood Grill

DEADLINE FOR SIGN-UPS: Apr 10

Come celebrate the American spirit aboard the Battleship Iowa educational museum and attraction, the West Coast's only Battleship open to the public. On your guided tour, you'll journey through World War II, the Korean War and the Cold War to experience the life of a sailor on the lead ship of the last class of gunships. You'll also get to enjoy some Southern Italian cuisine at Neil's Pasta and Seafood Grill, one of the best restaurants in San Pedro.

Register: In office, mail, fax or online
Location: Ziggurat Federal Building, Parking Lot

9831	W	May 2	10am-5pm	\$94
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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
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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	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
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The Ladies Sing

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

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
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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
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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
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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
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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
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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
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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:

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| 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 | |

