

Registration form  
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### Sea Country Center

(949) 425-5151

24602 Aliso Creek Road,  
Laguna Niguel, CA 92677

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

Community Center Hours:

M-Th, 6-8:30pm

Sa, 7am-12pm.

*A complete list of activities can be found in the Sea Country Senior Newsletter, available at the Center.*



### Chocolate Fool's Day

Register/Information: Mail in, fax in or online

Location: Sea Country Center

Activity #	Date	Day	Time	Cost
3615	Apr 1	Th	1-2pm	\$8

Are you a fool for chocolate? Join the rest of us fools for a delightfully chocolicious experience. A variety of dark, milk, and white chocolate treats will be offered to satisfy all your cravings. Learn how to hand dip your very own treats from chocolatier Luisa and be entertained with games and a special surprise guest. Make your reservation now so you don't miss out on this delicious event! Tickets go on sale Feb. 15.

*Fun and unique community excursions are located on page 21.*

### Lecture Series Provided by SOFA (Society of Financial Awareness)

Free

Register/ Information: Call 425-5151 (Reservations Required)

Location: Sea Country Center

Topic	Date	Day	Time	Cost
Getting "Fiscally Fit"	Mar 15	M	1:30-2:30pm	Free
Investment Concerns in a "Fragile Market"	Apr 19	M	1:30-2:30pm	Free
Legal Lessons for Life	May 17	M	1:30-2:30pm	Free

**Getting "Fiscally" Fit** – Basic principles of cash management, accumulating wealth, locating and maximizing discretionary income, the importance of having a financial blueprint and roadblocks to financial success.

**Investment Concerns in a "Fragile Market"**– Learn how to grow your money wisely. Find out why "down" markets create investment "opportunities" for the wise investor. Discover exactly what you're doing when you invest.

**Legal Lessons for Life** – Learn the best way to hold the title to your home and protect it from creditors. Find out all you need to know about the *Uniform Gift to Minors Act*, does it help or hurt your children? Select guardians for your children, use a living trust to eliminate probate delays, costs and legal fees, and minimize your estate tax exemptions.

*\*No soliciting will occur*

### Nutrition Class and Supermarket Tour

Free

Register/Information: Call 425-5151 (Reservations Required)

Location: Sea Country Center\* & Ralph's Supermarket (La Paz)\*\*

Date	Day	Time	Cost
Apr 8* & 15**	Th	9:30-11am	Free

Learn how to shop for food to improve or maintain your healthy lifestyle by attending this two-part nutrition program. Includes a nutrition label-reading class and a tour of a local supermarket. Topics covered include reading nutrition labels, choosing healthy items for meals/snacks and addresses the nutritionally needs of seniors. Class and tour are by a registered dietitian. Space is limited and registration is required.

### Meet Your Local Border Patrol

Free

Register/Information: Call 425-5151

Location: Sea Country Center

Date	Day	Time	Cost
May 28	F	9:30-11am	Free

Border Patrol officer Ivan C. Cole Jr. will give a presentation on the history of and current state of the border patrol. After the presentation, Officer Cole will answer questions.

## It's Your Money **Free**

Register/Information: Call 425-5151  
Location: Sea Country Center

Date	Day	Time	Cost
Apr 2-May 21	F	1:30-2:30pm	Free

Get knowledge to be in control of your money! Information includes: safe fixed income investments, the difference between an annuity, variable annuity and mutual fund, factors in considering long-term care insurance, the difference between an asset manager, financial planner, stockbroker, banker and an insurance agent and participate in a STOCK MARKET CONTEST!

## Tax Assistance for Seniors **Free**

Register/Information: Call 425-5151  
Location: Sea Country Center

Date	Day	Time	Cost
Feb 2-Apr 13	Tu	12-4pm	Free

Free tax assistance will be administered through AARP in cooperation with the IRS. Appointments are required. Call 425-5151 for an appointment and for more information about what to bring to the appointment.

## Watercolor Class

Instructor: Richard Thomsen  
Register: In office, mail in, fax in or online  
Location: Sea Country Center

Activity #	Date (8 wks)	Day	Time	Cost
3196	Mar 23-May 11	Tu	9am-12pm	\$50
3197	Mar 23-May 11	Tu	1-4pm	\$50

Learn a wide variety of watercolor techniques, as well as, paint several projects. Students will be given a supply list upon registration and must bring their own supplies.

## Stretch Class

Instructor: Roxanne Bell  
Register: In office, mail in, fax in or online  
Location: Sea Country Center

Activity #	Date (6 wks)	Day	Time	Cost
3195	Feb 19-Mar 26	F	10-11am	\$59

Roxanne will guide you in stretching every muscle in your body and strengthening your lower back. Learn the correct posture and proper breathing for each stretch. Enjoy relaxing music that enables the stretch to ultimately improve your flexibility.

## Senior Ballet Class

Instructor: Roxanne Bell  
Register: In office, mail in, fax in or online  
Location: Sea Country Center

Activity #	Date (6 wks)	Day	Time	Cost
3194	Mar 4-Apr 8	Th	1-2pm	\$75

A slow, beginning class that starts with ballet stretches and ends with dance combinations. This class is about the art of ballet, the love of dance and the love of classical music. No intimidation and thorough explanation of ballet terms with translation from French to English.

## Massages @ Sea Country Center

Therapist: Joan Evans-Fay  
Information/Appointments: Call 425-5151  
Location: Sea Country Center

Age	Date	Day	Time	Cost
50+	Mar 11	Th	11am-2pm	\$40
50+	Apr 8	Th	11am-2pm	(for a 30 min. massage)
50+	May 13	Th	11am-2pm	

Enjoy the relaxation of a massage at a lower cost and without spending the whole day at a spa. Joan, a certified massage therapist, has an entire menu of specialty massages to choose from. Call or stop by our front desk for a full menu and to make an appointment. Massages do not require disrobing.

## Diabetes Support Group **Free**

Register/Information: Call 425-5151  
Location: Sea Country Center

Topic	Date	Day	Time	Cost
Dietician	Mar 11	Th	12:30-1:30pm	Free
County Pharmacist	Apr 8	Th	12:30-1:30pm	Free
Podiatrists	May 13	Th	12:30-1:30pm	Free
Rheumatologist	Jun 10	Th	12:30-1:30pm	Free

You will have the opportunity to meet and learn along side other diabetics at this monthly support group. We have partnered with the County of Orange, Monarch Healthcare and many more to bring this opportunity to you.



## Activities & Services

### SERVICES

#### Lunch at Sea Country Center

Hot or cold lunches are available Monday-Friday provided by South County Senior Services. Served at 11:45am. A suggested donation of \$4 is requested. Reservations are encouraged, but not required. Call our on-site nutrition coordinator, Robin at 362-2807.

#### Meals on Wheels

For those who qualify, home delivered meals are available through South County Senior Services. Monday-Friday, volunteers deliver meals to those who are unable to come to the center. Please contact our nutrition coordinator, Robin, at 362-2807 for more information, to enroll or to volunteer.

### GAMES

#### Bingo

Wed, 12:30-3:00pm .....25¢  
Must arrive by 1:15pm (per card)

#### Bridge – ACBL Duplicate

Th, 12-4pm ..... \$5/day  
Call Ralph at 588-5844 or email at mmpgpx@cox.net or  
Call Mary 380-1830 or email at mscott40@cox.net

#### Bridge – Party

Wed, 12:30-3:30pm ..... Free  
Fri, (1st, 2nd, 4th & 5th)  
12:30-3:30pm – Bring a foursome

#### Shanghai Rummy

1st, 2nd, 4th, & 5th Fri,  
12:30-4pm ..... Free

#### Mah Jongg

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

#### Backgammon

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

### HEALTH & EXERCISE

#### Bocce Ball

**Marina Hills Park**  
Mon, 9:30-12pm ..... Free  
Tu, 9am-12pm ..... Free  
Wed, 1:30-3pm ..... Free  
Fri, 9am-12pm ..... Free  
Sun, 1:30-3pm ..... Free

\*Free Bocce Ball lessons for seniors  
1st Saturday of the month  
9-10:30am  
Marina Hills Park, Bocce Courts

#### P.A.C.E.

*(People With Arthritis Can Exercise)*  
Tu/Th, 11:30am-12:30pm ..... Free

#### Table Tennis

Tu & W, 9-12pm  
Fri, 9am-3pm  
Ongoing ..... Free

#### Walking Group

Tu/Th, 9am ..... Free  
Call Myra at 495-5586

#### Chinese Exercise (Chi Kong)

Th, 2:45-3:45pm ..... Free

**Gentle Yoga for Seniors** .....  
.....See pg. 22

### CAPISTRANO ADULT & COMMUNITY EDUCATION

Register by attending the first class, or call 493-0658 for information.

#### Aerobics

Tu, 1:30-2:30pm ..... \$19  
Call for dates.

#### Balance & Mobility with Tai Chi

Tu, 2:30 – 3:30 pm ..... \$19  
Call for dates.

### SADDLEBACK COLLEGE EMERITUS CLASSES

Call Saddleback College at 582-4835 for information.  
Must apply before registering.

#### Spring Semester

Jan 11-May 20

#### Birds of the World

Mon, 9:25am-12:05pm

#### Film as Literature

Mon, 1-4pm

#### Exercise To Music

Tu/Th, 9:15-10am

#### Exercise To Music

**Latin/Social Dance**  
Wed, 9:30-11:10am

#### Art History

Tu, 1-3pm