

December 2023 ~ Activities Calendar

Lectures:

Thursday, December 7
Talk on "Telemedicine" with
Travis Kreuger
2:00pm Catalina Hall

Friday, December 15
"Back to Basics: Plant Opera-
tions at LCG"
with Director Nick Indrieri
3:00pm Catalina Hall

Tuesday, December 19
Tech talk on "Update on the
Mars Rover" with
Dr. Kenneth Farley
2:00pm Catalina Hall

Administrative:

Thursday, December 14 3:30pm
Town Hall—Catalina Hall

Monday, Dec. 11, 10:00am LR
Wednesday, Dec. 27, 10:00 SS
Let's Chat with Kristen Kearmaghan

Performers:

Saturday, December 2
North Coast Symphony
3:00pm Catalina Hall

Tuesday, December 19
Glenaires Holiday Concert
6:30pm Catalina Hall


Special Events:

Tuesday, December 5
Scripps Holiday Party
2:00pm—4:00pm Catalina Hall

Saturday, December 9
Yule Ball Dance with
High Society Jazz Band
7:00pm—9:00pm Catalina Hall

Sunday, December 10
Children's Caroling Group
12:00pm La Palma Brunch

Sunday, December 31
New Years Eve Party
-Casino
5:00pm—9:00pm Fairway Clubhouse
-Dance
7:00pm—9:00pm Catalina Hall
-Photos
4:00pm—6:00pm Lakeside and
Fairway Libraries

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lakeside Clubhouse/Hillside BR—Board Room CH—Catalina Hall CL—Computer Lab CP—Catalina Patio GR—Gardena Room HaR—Hacienda Room HeR—Hermosa Room LI—Lakeside Library LM—La Mesa (Billiards) LP—La Palma Dining LR—Laguna Room LT—Lakeside Terrace	Fairway Clubhouse BT—Brentwood Theatre CAS—Creative Arts Studio FB—Fairway Board Room FS—Capistrano Fitness Studio FT—Fairway Terrace MT—Monterey Dining OJ—Ojai Room PA—Palomar Room PR—Pt. Reyes Room SS—San Simeon Room	Legend: Green = Bridge Pink = DVD lectures Orange = Excursions Blue = Speakers/Performers Yellow = Parties Red = Sports Events Purple = Special event Chocolate = New event			¹ 10:00am Bridge Lesson "Thinking" LR 11:00 Osher lecture BT "Cryptocurrency: Law & Lawlessness" 12:30pm Duplicate Bridge LR 1:00 Glenaires Choir CH	² 9:30am DVD Series: "Fundamentals of Music" BT 10:30 Putting Contest Lakeside 1:30pm Canasta 1:30pm Watercolor Group CAS 3:00pm North Coast Symphony Matinee Concert CH
³ 9:00am Tennis Social Play 1:00 Group Board Games LT 2:00 Open Social Pickle Ball 4:00 Bingo LR	⁴ 9:00am + 11:00am Art Class CAS 10:00am Bridge Lesson Refresher SS 11:00am Excursion Committee LR 12:00pm 90+ Club luncheon La Palma 12:30pm Duplicate Bridge SS 1:00pm Resident Council FB 1:00pm Mahjong LR 4:00pm Music/Art DVD Series	⁵ 8:00am Beach Walk 9:00am—12:45 Computer Classes CL 9:00am Art Class CAS 10:00am KPBS Studio Docent Tour Skipper Trip 10:00 F&B Committee 10:00am Ukulele #1 / 11:00 #2 HeR 1:00 Group Board Games LT 2:00-4:00pm Scripps Holiday Party CH 	⁶ 10:00 Hospitality Committee FB 10:00 Health Center Committee SS 12:30pm Duplicate Bridge SS 1:00pm Busy Needles LT 6:00pm Couples Bridge LR	⁷ Hanukkah Begins (this evening)  8:00am Beach Walk 10:00am Balboa Park/Zoo/Fashion Valley Mall Skipper Trip 10:00 Glen Tidings Committee BR 10:30 Fundamentals Bridge Lesson SS 12:30 Fundamentals Bridge SS 1:00 Group Board Games LT 2:00pm Talk on "Telemedicine" with Travis Kreuger CH	⁸ 9:00-12:45 Computer Classes CL 10:00am Bridge Lesson "Thinking" SS 12:30pm Duplicate Bridge SS 1:00 Glenaires Choir CH 6:00pm "The Big Band Christmas" at CA Center for the Arts	⁹ 9:30am DVD Series: "Fundamentals of Music" BT 10:30 Putting Contest Lakeside 1:30pm Canasta 1:30pm Watercolor Group CAS 7:00-9:00pm Yule Ball— Holiday Dance featuring the High Society Jazz Band CH
¹⁰ 9:00am Tennis Social Play 12:00pm Childrens' Choir Singers in La Palma 1:00 Group Board Games LT 2:00 Open Social Pickle Ball	¹¹ 9:00am + 11:00am Art Class CAS 10:00am Bridge Lesson Refresher SS 9:00am Activities Committee BR 10:00am Let's Chat LR 12:30pm Duplicate Bridge SS 1:00pm Mahjong LR 4:00pm Music/Art DVD Series BT	¹² 8:00am Beach Walk 9:00am—12:45 Computer Classes CL 9:00am Art Class CAS 9:00 Plant Ops Tour 10:00am Balboa Park/Zoo/Fashion Valley Mall Skipper Trip 10:00am Ukulele #1 / 11:00 #2 HeR 1:00 Creative Events Committee FB 1:00 Group Board Games LT 1:00pm Ceramics AC 4:00pm Hanukkah Dinner Monterey Dining Room 	¹³ 10:00am Safety Committee FB 12:30pm Duplicate Bridge SS 1:00pm Busy Needles LT 2:00 Poetry Circle Glenbrook 5:30pm "Plaid Tidings" at San Diego Musical Theatre	¹⁴ 8:00am Lagoon Walk 10:00 Tech Help Committee 10:00 Glen Tidings Committee BR 1:00 Group Board Games LT 1:30pm Readers Theater SS 3:30pm TOWN HALL CH & Channel 4/1390	¹⁵ 9:00-12:45 Computer Classes CL 10:00am Bridge Lesson "Thinking" LR 11:00am Osher lecture BT "The Psy- chology of Democracy" 12:30pm Duplicate Bridge LR 1:00 Glenaires Choir CH 2:00 Dec. 8-day Party—La Palma 3:00pm "Back to Basics: Plant Operations" w/Nick Indrieri	¹⁶ 9:30am DVD Series: "Fundamentals of Music" BT 10:45am Pitch and Putt The Links at Fairway 1:30pm Canasta 1:30pm Watercolor Group CAS
¹⁷ 9:00am Tennis Social Play 1:00 Group Board Games LT 2:00 Open Social Pickle Ball 6:30pm DVD: Opera BT	¹⁸ 9:00am + 11:00am Art Class CAS 10:00am Bridge Lesson Refresher SS 10:00am Library Committee FB 12:30pm Duplicate Bridge SS 1:00pm Mahjong LR 1:30pm Finance Committee FC 2:15pm Fitness Committee FS 4:00pm Music/Art DVD Series "Music as a Mirror of History" BT	¹⁹ 8:00am Beach Walk 9:00am Art Class CAS 10:00am Ukulele #1 / 11:00 #2 HeR 1:00 Group Board Games LT 1:00pm Ceramics AC 2:00pm Tech Talk "Update on Mars Rover" with Dr. Kenneth Farley CH 6:30pm Glenaires Holiday Concert CH	²⁰ 9:00am Fall Risk Screening HaR 12:30pm Duplicate Bridge SS 1:00pm Busy Needles LT 1:00pm "2 Pianos 4 Hands" at North Coast Rep 1:30pm Floor/Villa Reps Annual Party LR 6:00pm Couples Bridge SS	²¹ 8:00am Beach Walk 10:00 Glen Tidings Committee BR 10:30 Fundamentals Bridge Lesson LR 12:30 Fundamentals Bridge LR 1:00 Group Board Games LT	²² 10:00am Bridge Lesson "Thinking" LR 12:30pm Duplicate Bridge LR 1:00 Glenaires Choir CH	²³ 9:30am DVD Series: "Fundamentals of Music" BT 10:30 Putting Contest Lakeside 1:30pm Canasta 1:30pm Watercolor Group CAS
²⁴ Christmas Eve 9:00am Tennis Social New 1:00 Group Games Year's Eve 2:00 Pickle Ball —Dancing 7:00-9:00pm (Cat Hall) —Casino: 5:00-9:00pm (Fairway Clubhouse) 	²⁵ Christmas Day 	²⁶ 8:00am Beach Walk 9:00am Art Class CAS 10:00am Ukulele #1 / 11:00 #2 HeR 1:00 Group Board Games LT 1:00pm Ceramics AC	²⁷ 10:00am Let's Chat SS 12:30pm Duplicate Bridge SS 1:00pm Busy Needles LT	²⁸ 8:00am Beach Walk 10:00 Glen Tidings Committee BR 10:30 Fundamentals Bridge Lesson LR 12:30 Fundamentals Bridge LR 1:00 Group Board Games LT 1:30pm Readers Theater SS	²⁹ 10:00am Bridge Lesson "Thinking" LR 12:30pm Duplicate Bridge LR 1:00 Glenaires Choir CH	³⁰ 9:30am DVD Series: "Fundamentals of Music" BT 10:30 Putting Contest Lakeside 1:30pm Canasta 1:30pm Watercolor Group CAS

December 2023 FITNESS CALENDAR

LCG Fitness Department x 1443

Lakeside Classes—Catalina Hall

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
9:00-9:45am Stretch & Strengthen with Corinne	9:00-9:45am Tai Chi Advanced with Matt	9:00-9:45am Stretch & Strengthen with Risa	9:00-9:45am Tai Chi Advanced with Matt	9:00-9:45am Stretch & Strengthen with Barbara
10:00-10:45am Aerobics with Yvonne	10:00-10:45am Stretch & Strengthen with Patti	10:00-10:45am Aerobics with Risa	10:00-10:45am Stretch & Strengthen with Risa	10:00-10:45am Zumba Gold with Barbara
11:00-11:45am Balance Training with Kori	11:00-11:45am Stretch & Core on the Floor with Patti	11:00-11:45am Balance Training with Sharie	11:00-11:45am Stretch & Core on the Floor with Risa	11:00-11:45am Balance Training with Tracey
1:00-1:40pm Tap Dance with Yvonne		1:00-1:40pm Tap Dance with Yvonne		
1:40-2:10pm Intro-Line with Yvonne		1:40-2:10pm Intro-Line with Yvonne		
2:10-2:40pm Line Dance with Yvonne		2:10-2:40pm Line Dance with Yvonne		
2:40-3:00pm Rehearsal For SHOW with Yvonne		2:40-3:00pm Rehearsal For SHOW with Yvonne		

OUTDOOR POOL (Hours: 7am to 10pm)

Pools Open for Lap Swim, Pool Walking and Exercise

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Ping Pong 2:00pm Arts & Crafts Rm. (Lakeside)	8:00-9:30am Beach Walk (Bus picks up at both clubhouses)	Ping Pong 2:00pm Arts & Craft Rm.	8:00-9:30am Beach Walk/ Lagoon 2nd week (Bus picks up at both clubhouses)	Ping Pong 2:00pm Arts & Crafts Rm.
	TUESDAY Bocce Lakeside Courts 10:00am			



Class cancellations this month:

Catalina Hall classes:
December 5

All classes cancelled:
December 25
through January 2
For the holidays.

Scripps Holiday Party Tuesday, December 5, 2:00-4:00pm, Catalina Hall

Saturday
Forum Walk - 7:40am
Lakeside Clubhouse

Bocce - 10:00am
Lakeside Courtyard

Saturday Social Co-ed Ping Pong - 2:00pm
Arts & Crafts Room

Putting Contest
Dec. 2, 9, 23, 30
10:30am
Lakeside Courtyard



Pitch n' Putt Game
Dec. 16th - 10:45am
The Links - Fairway

Sunday
Open Social Tennis
9:00-11:00am
Open Social Pickleball
9:00-11:00am

December 2023 FITNESS CALENDAR



Fairway Classes - Capistrano Fitness Studio

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
9:00-9:45am Stretch & Strengthen with Sharie	9:00-9:45am Stretch & Strengthen with Corinne	9:00-9:45am Balance & Barre with Sharie	9:00-9:45am Stretch & Strengthen with Corinne	9:00-9:45am Chair Yoga with Ursula
10:00-10:45am Chair Yoga with Ursula	10:00-10:45am Tai Chi with Matt	10:00-10:45am Yoga Mat with Ursula	10:00-10:45am Tai Chi with Matt	10:00-10:45am Sit & Be Fit with Tracey
11:00-11:45am Sit & Be Fit with Risa	11:00-11:45am Balance & Barre with Corinne	11:00-11:45am Sit & Be Fit with Ursula	11:00-11:45am Stretch & Strengthen with Corinne	11:00-12:00pm Yoga Mat with Ursula

(Those who use canes, walkers and scooters are welcome to Sit & Be Fit!)



INDOOR POOL (Hours: 7am to 10pm)

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
9:00-9:45am Aqua Ladies with Yvonne		9:00-9:45am Aqua Ladies with Ursula		9:00-9:45am Aqua Ladies with Corinne
1:00-1:45pm Aqua Men with Ursula	1:00pm-2:00pm Aqua Class Resident Led	12:00-12:45pm Aqua Men with Yvonne		1:00-1:45pm Aqua Men with Ursula

Note: Pool Closed for lap swim Mondays, Wednesdays and Fridays during Aqua Classes

For safety and clarity, fitness classes have the following designations.
Levels are denoted by colors:

Level 1 seated or standing, appropriate for everyone.

Level 2 seated, standing, or on the floor—a medium levels of stamina, balance and coordination are required.

Level 3—balance & coordination are required, mostly standing, & higher levels of stamina,

(If you are unsure what level class you join, please call X 1443 for a quick assessment.)

THURSDAY
Bocce
Fairway Courts
10:00am

