

FLORENCE SYLVESTER SENIOR CENTER

23721 Moulton Parkway, Laguna Hills, CA 92653 | 949-380-0155

Oct./Nov. 2021

In This Issue

- Pancake Breakfast, Car Show and Raffle
- Big Bingo Night!
- Balance and Strength Class
- Medication Review with pharmacist Bill Liu
- DMV written test review
- HICAP Medicare counseling



YOU'RE INVITED

Pancake Breakfast & Classic Cars

Florence Sylvester Senior Center
23721 Moulton Pkwy, Laguna Hills

Pancakes • Corvettes • Community
Mustangs • \$5 Raffle • Hot Rods

30TH OCTOBER

8:30 AM – 11:00 AM

FLORENCE SYLVESTER CENTER FUNDRAISER SUPPORTING LOCAL SENIOR SERVICES

Car Shows Presented By:



Hello! What a 20 months it has been! Despite being closed for what feels like an eternity, we have continued providing non-emergency transport, case management check-ins and delivering meals to our Meals on Wheels and Grab and Go clients. We also have a completely new staff at Florence Sylvester Senior Center . This includes me, your new Director for the Florence Sylvester Senior Center. I can't wait to meet you! I hope you can join us for our first annual Pancake Breakfast, Car Show and Raffle on 10-30-21 from 8:30am-11am. This event is for the entire community and will take place outside of the Senior Center. We are also planning a Big Bingo Night! 11-13-21. This Saturday night event will include 12 games, dinner and two drink tickets.

Look inside the newsletter for details about all of the exciting upcoming events we have planned.

~ Aimée Roberts , Director

We have gone paperless! If you would like to receive the monthly newsletter by email each month, email aroberts@myagewell.org and type "newsletter" into the subject line and we will add you! Thank you!!

BALANCE, STRENGTH AND STRETCH

Live longer, get stronger! Standing at or sitting on the chair for the whole class, you will be stepped through easy-to-follow, head-to-toe exercises that are effective and fun. No floor mat work. This twice a week class increases stability while you strengthen muscles to improve your balance, mobility and circulation. Stretch to increase flexibility and range of motion and reduce muscle tension. Your body will thank you. Modifications shown for all levels.



Instructor: CS Dance Factory

Note: wear closed-toe and closed-heel shoes, comfortable clothes, bring a water bottle & your own strength band or purchase one for \$10.

Day	Date	Time	Location	Fee
Tu	11/2 – 12/17	1:30 – 2:15 PM	Florence Sylvester Sr Ctr	Sponsored by Memorial Care
Fr	11/2 – 12/14	1:30 – 2:15 PM	Florence Sylvester Sr Ctr	Sponsored by Memorial Care

No class 12/20-31 Bring your own strength band or purchase one for \$10
Registration Required: **call the Senior Center to reserve your spot**

Florence Sylvester Senior Center

23721 Moulton Parkway, Laguna Hills ■ For more information: (949) 380-0155

Modified reopening of the Florence Sylvester Senior Center

• Wednesday Bingo

12 games, each game gets 4 cards, \$12. Minimum payout \$20, larger payout dependent on the number of players

When: Every Wednesday starting November 10th, 1pm cards go on sale, 1:30pm games begin

• Balance, Strength and Stretch Class - call to reserve your spot

45 minute Balance, Strength and Stretch class. This fun and interactive class will help you develop the skills to maintain the strength you need for balance and mobility. Limited class size so please call and sign-up. First 10 students to register will get a free fitness band to use in the class. Sponsored by our friends at Memorial Care

When: Nov./Dec.—Tuesdays and Fridays, 1:30-2:15



•“Brown Bag” Individual Medication Review-call to reserve a slot with Mr. Liu

Geriatric pharmacist, Bill Liu, will do individual assessments of your medications and supplements to insure there are no contraindications in your regimen

When: Monday, November 8th, 9:30am-11:30am, call to reserve a 30 minute time slot

•Driving Resource Room - call to reserve spot

Tips on taking your written driving test, practice written tests, DMV information and local resources.

When: Thursday, November 4th, 10am-11:30am, and Thursday, November 11th, 10am-11:30am

•HICAP Medicare counseling-call to reserve a personal one hour session

When: November 1st, 15th and 29th– Please call (949) 380-0155 for a one-on-one time with a HICAP counselor

Big Bingo Night! - 12 games (four cards each game), dinner, and two drink tickets. Each game pays out \$100!! All proceeds go to support Meals on Wheels and other vital services provided by Age Well's Florence Sylvester Senior Services. Please call to reserve. Sponsored by our friends at Belmont Villages.





Saturday Night Bingo

Saturday November 13, 2021

**\$100
GAME
CASH
PRIZES**

3:15 PM Doors Open
4:00 PM Bingo Begins
5:15 PM Dinner
6:15 Bingo Resumes

\$45 per person

Includes catered dinner, 4 cards for each game, 2 drinks tickets choice of soda, wine, water, or beer. Get your ticket ahead of time at Florence Sylvester Senior Center.

TO RSVP CALL (949) 380-0155

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Sneak Peek into December

12-1-21 Congregate meals resume!!!! Yay! We will begin serving our lunches in person, Monday-Friday from 11:30am-12pm. Note: we will be requiring reservations. Stay tuned for more information.

Doc Talks Return in December

Dr. Trinh focuses on Health, Prevention, and stuff that your doctor doesn't always have time to talk about in your 10 minute doctor visit! Sponsored by Memorial Care Medical Group. First Mondays of the month.

12-6-21 Dr. Trinh will discuss the latest on COVID-19 and inflammation

12-9-21 "Managing Grief and Loss During the Holidays" with Becky Lomaka, Director of Grief Support and Education at O'Connor Mortuary. Ms. Lomaka will conduct a workshop focusing on 7 strategies to help nurture hope and a sense of direction while coping with grief during this often-difficult time of year



2 WAYS TO STAY IN TOUCH WITH FLORENCE SYLVESTER SENIOR CENTER

1. Call us at (949) 380-0155 and ask to be put on the "Friends List". We will email you a newsletter and calendar every month so you will always know what is happening at the Center
2. Follow our page on Facebook. The Florence Sylvester Senior Center will be posting all of the events and reminders on our Facebook page. This is a great way to stay in touch in real time with all of the exciting things we have planned as we reopen

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