

FLORENCE SYLVESTER SENIOR CENTER

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

December 2021

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The amazing team at Florence Sylvester Senior Center has been working tirelessly to reopen. We have a newly painted interior and some other beautiful upgrades at the center. We are thrilled to be bringing back our Congregate Lunch program on December 1st and our Grab and Go table that has served us well over the last 15 months, will be retired. Please call ahead a minimum of 3 days before you would like to dine with us to reserve your spot. You are welcome to make reservations up to one month early. Menus are available at the front desk and in this newsletter.

Additionally, Tai Chi and Qi-Gong and Balance classes will be held in-person in December. The highly requested Dr. Trinh, of Memorial Care, will be resuming his health lecture series in December. Becky Lomaka will be conducting a workshop on positive strategies on dealing with grief over the holidays. Our friends at Regal Medical Group are sponsoring an "Ask the Doc" event. Please check out the calendar for dates and times and call the center to reserve a seat.

As we look into the New Year and plan for a return to normalcy, we have many fun activities on the horizon. This is the perfect time to register for Emeritus Institute classes that we will be hosting with our partners Saddleback and Irvine Valley Colleges. We will also be offering an 8 week meditation workshop with Dr. Ryan Seay.

We are thrilled to be welcoming you back! ~ **Aimée Roberts, Director**



Managing Grief and Loss During the Holidays: Seven Principles for Growing through the Holidays

Thursday, December 9

12:30 – 1:30 pm

Florence Sylvester Senior Center

23721 Moulton Parkway, Laguna Hills, 92653

The holidays can be difficult for those who are grieving. Learn about the physical, emotional, cognitive and spiritual aspects of grief while focusing on practical strategies that will help you not just survive but grow through your grief. Methods for coping with grief are provided, with an emphasis on survival and growth.

Join **Becky Lomaka, MA, CT**, Director of Grief Support and Education at O'Connor Mortuary for this informative and practical workshop to help you gain hope and direction during this often-difficult time of year.

Please RSVP to Florence Sylvester Senior Center Director,
Aimee at (949) 380-0155, ext. 21



- **Tai Chi & Qi-Gong Class - call to reserve your spot**

By investing 1.5 hours once a week, you get a chance to learn and appreciate the ancient Chinese martial arts tailored for seniors with the goal of enhancing health.

When: Every Tuesday, 3-4:30pm starting December 7th

- **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 call and sign-up. Sponsored by our friends at Memorial Care.

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



- **Memorial Care's Dr. Trinh lecture series resumes**

Dr. Trinh will be discussing health and lifestyle topics that are relevant to helping you maintain optimal well being.

When: First Monday of every month at 10am, beginning December 6th

- **Driving Resource Room - call to reserve spot**

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

When: Thursday, December 2nd and 9th, 10am-11:30am.

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

When: *December 2nd, 5th and 20th. Please call (949) 380-0155 for a free one-on-one session with a HICAP counselor, Gene Campbell*

- **Grief and the Holidays Workshop - Becky Lomaka, MA and CT, will be conducting a workshop on strategies to cope with grief during the holiday season.**

When: December 9th, 12:30pm—call to reserve your spot

- **“Ask a Doc” event with Regal Medical Group - This is your opportunity to ask a panel of doctors all of the questions you have about your health. Enjoy complimentary refreshments and hors d'oeuvres.**

When: Monday, December 13th, 1:30-3:30 - please call (949) 380-0155 to reserve your spot

You're invited to Ask the Doctors

A senior community appreciation event

Join us for a special evening
as we host a free In-person
event just for seniors!

Connect with seniors in your community while having your healthcare-related questions answered by a panel of four esteemed physicians from SCKE Odyssey Medical Group.

- Get to know our SCKE doctors in a casual and friendly environment
- Ask questions about your health
- Speak with a Medicare licensed agent to help guide you through healthcare options that best suit your needs

Free Raffle! Enter to win great prizes and giveaways!

Complimentary hors d'oeuvres and refreshments will be served.

Monday, December 13, 2021

1:30 p.m. - 3:30 p.m.

Florence Sylvester Senior Center

23721 Moulton Pkwy., Laguna Hills, CA 92653

Meet our SCKE doctors

Raymond Chang, M.D.

Endocrinology, Diabetes & Metabolism, Nephrology

Marlene Yacoob, M.D.

Board Certified: Family Medicine

Lynn Napoli, M.D.

Internal Medicine, Geriatrics

Monica Harms, M.D.

*Family Practice, Sports Nutritionist
Certified Personal Trainer*

**Limited seating available.
Bring a friend!**



Sneak Peek into January

1-18-22 Enroll now for Saddleback and Irvine Valley Colleges' Emeritus Institute classes. In-person classes include Current Issues, Stocks and Bonds Management, Beading and Physical Fitness. We are excited to be able to partner with our local community colleges to host these courses in our very own senior center. Visit the college websites or call the center at (949) 380-0155 for more information on how you can enroll in these classes.

1-3-22 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.

Come play poker with members of the community Tuesdays and Thursdays at 12pm in Room 3.

American Mahjong resumes games in Ballroom 1, Mondays and Fridays from 1-4pm. If needed, please provide your own.

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 Florence Sylvester Senior 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

OUR MENUS, PER MEAL, AVERAGE 500-700 CALORIES, AND LESS THAN 300 MG OF SODIUM, EXCLUDING SPECIAL EVENT MEALS (COMMENTS NOT INCLUDED). MEALS WITH MORE THAN 1000 MG OF SODIUM

MONDAY






TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

December 2021

December 2021					GLAZED HAM SWEET POTATOES LIMA BEANS GRAHAM CRACKERS 1	CHICKEN TARAGON CROISSANT RAINBOW SALAD WITH GRAPES, BLUEBERRIES, FETA CHEESE & VINAIGRETTE DRESSING. ORANGE JUICE AND DESSERT 2	Hanukkah Dinner BAKED CHICKEN SCALLOPED POTATOES CARROTS APPLESAUCE RYE BREAD ORANGE JUICE  3		
					BEEF STEAK W/ ONION GRAVY MASHED POTATOES GREEN BEANS CHOCOLATE CHIP COOKIES 6	CHIPOTLE CHICKEN SANDWICH WITH SWEET CORN SALAD ORANGE JUICE AND DESSERT 7	BBQ BEEF BAKED BEANS HASH BROWNS FRUIT COCKTAIL 8	PESTO CHICKEN SANDWICH MEDITERRANEAN SALAD WITH GARBANZO BEANS, OLIVES, CUCUMBER, FETA, MIXED GREENS, ITALIAN BALSAMIC VINAIGRETTE. ORANGE JUICE AND DESSERT 9	Cookies & Carols CHICKEN FETTUCCINI GREEN BEANS HARVARD BEETS CHOCOLATE CHIP COOKIES  10
					SWISS STEAK MASHED POTATOES CAPRI BLEND VEGETA- BLES POUND CAKE 13	ROASTED TURKEY RED PEPPER SANDWICH WITH ROASTED VEGETABLE SALAD ORANGE JUICE AND DESSERT 14	LEMON ROSEMARY CHICKEN CREAMED SPINACH BRUSSELS SPROUTS OATMEAL COOKIES 15	CHIPOTLE CHICKEN SANDWICH WITH SWEET CORN SALAD ORANGE JUICE AND DESSERT 16	Christmas Lunch ROAST TURKEY & GRAVY STUFFING YAMS GREEN BEANS CRANBERRY SAUCE DINNER ROLL PUMPKIN PIE  17
					BARBEQUE CHICKEN MASHED POTATOES CREAMED SPINACH VANILLA PUDDING 20	CHICKEN TARAGON CROISSANT RAINBOW SALAD WITH GRAPES, BLUEBERRIES, FETA CHEESE & VINAIGRETTE DRESSING. ORANGE JUICE AND DESSERT 21	BARBEQUE BEEF BAKED BEANS BAKED POTATO FRUIT COCKTAIL 22	ROASTED TURKEY RED PEPPER SANDWICH WITH ROASTED VEGETABLE SALAD ORANGE JUICE AND DESSERT 23	HAPPY HOLIDAYS  24
					SPINACH CANNELLONI CORN CALIFORNIA BLEND FRESH ORANGE 27	PESTO CHICKEN SANDWICH MEDITERRANEAN SALAD WITH GARBANZO BEANS, OLIVES, CUCUMBER, FETA, MIXED GREENS, ITALIAN BALSAMIC VINAIGRETTE. ORANGE JUICE & DESSERT 28	ROTINI & MEAT SAUCE ITALIAN GREEN BEANS HARVARD BEETS FRESH FRUIT 29	<i>New Year's Eve Lunch</i> SLICED TURKEY AND GRAVY MASHED POTATOES BROCCOLI POUND CAKE 30	HAPPY NEW YEAR  31

*FRUIT IS AVAILABLE FOR DIABETICS

ALL HAM PRODUCTS ARE PROCESSED FROM TURKEY **PORK = PORK

1% MILK OF-

Check out our menu for December. We have a brand new local chef from Zest in a Bowl, preparing our Tuesday and Thursday meals. Take our word for it, their creations are absolutely delicious and nutritious!

As we continually strive to improve and serve you better, we are implementing a new reservation system. We will now be requiring reservations 3 days prior to the date you would like to dine with us. For example, if you would like to have lunch on a Thursday, please let us know by Monday. This will help us avoid food waste and set our dining room appropriately. Our goal is to always be finding ways to make your experience better. Please do not hesitate to let us know about the things you love and the improvements we can make.

Calling out for Volunteers

Meals on Wheels
Reception Desk
Senior Lunch Program

Florence Sylvester Senior Center
Laguna Hills



Giving Tree Fundraiser

Age Well Senior Services provides home-delivered meals, lunch programs, senior activities, care management, family resources & services to your senior neighbors in need, year-round and especially during the holidays.

We ensure that homebound older adults in Orange County receive life-saving nutritious meals, social services, and friendship year-round! Your contribution will provide meals to our homebound senior neighbors. When you give to Age Well's Meals on Wheels program you're ensuring that seniors stay connected and supported.

MAKE A DONATION, TAKE HOME AN ORNAMENT

Reindeer – \$10

This gift provides 3 nutritious meals for a Meals on Wheels participant

Christmas Ball – \$20

This gift provides 6 nutritious meals for a Meals on Wheels participant

Star – \$75

This gift provides personal necessities for your homebound elderly neighbors, such as walkers, hygiene items & pet food. These are critical to our mission to deliver more than a meal.

Thank you to Lions Heart & National Charity League for creating the ornaments.

Sponsored by our friends:

