

Age Well

FLORENCE SYLVESTER SENIOR CENTER

23721 Moulton Pkwy | Laguna Hills, CA

949.380.0155

September 2023 Highlights

- ◆ Holistic Health for Fall Prevention & Longevity Class
- ◆ Create & Color Art Class
- ◆ COX - discounted internet programs for older adults and safe technology practices seminar
- ◆ Grief Share and Support
- ◆ Avoid Medicare Fraud Workshop
- ◆ Diabetes 101
- ◆ Ballroom Dance Class & Practice
- ◆ Hearing Screening
- ◆ Memory Testing
- ◆ Individual Apple Product Assistance
- ◆ Tony Rogers Lunch Performance

FLORENCE SYLVESTER PRESENTS

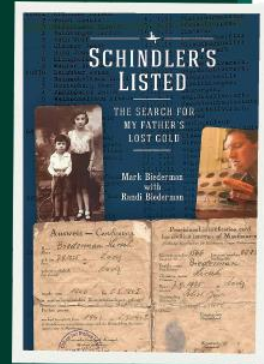
book signing meet & greet

An Afternoon with Co-Author

Randi Biederman

A Reading
and Q&A
from her
Book:

"Schindler's Listed: The Search
for My Father's Lost Gold"



September 11, 1 pm to 2:30 pm
Florence Sylvester Senior Center
23721 Moulton Pkwy, Laguna Hills, CA 92653

Randi Biederman is the co-author of this non-fiction book about her father-in-law's life, a Schindler's List Survivor.

Their quest to unearth his family's past, and find gold coins that his father's family buried in their backyard in Poland, just before being deported by the Nazis into concentration camps.

She is a resident of Laguna Niguel, a retired school teacher, a mother, a widow, and now a writer. Join us as she visits our community on her North American tour.

RSVP Today!

949-380-0155

Raffle Entry for
free signed book
with your RSVP!

Dear Friends,

Get out your pens and get ready to mark your calendars with all of the interesting and enriching activities and events going on at Age Well's Florence Sylvester Senior Center in September.

The Regal Medical team will be here on Wednesday, 9/6, to discuss ways to avoid **Medicare Fraud**. We are thrilled to **host author Randi Biederman** on Monday, 9/11. Biederman will read passages from her non-fiction book "Schindler's Listed: The Search for My Father's Gold", answer your questions and sign purchased copies. This event is for the whole community – please call (949) 380-0155 and reserve your seat. We are also adding another art class, **Create and Color**, to our monthly schedule on the 3rd Wednesday of each month.

In addition to Emeritus Institute classes, we are also partnering with David Y.F. Ho, PhD, to offer a class titled **Holistic Health for Fall Prevention and Longevity** on Fridays at 1pm. This class will address the whole person incorporating ways to deal with current pain and techniques to avoid further injury. English, Mandarin, and Cantonese speakers welcome. On Monday, 9/25, recently retired endocrinologist, Victor Ettinger, will be conducting an informative talk entitled **Diabetes 101**. Ettinger will discuss the groundbreaking treatments and lifestyle practices to assist with managing and/or preventing the diagnosis of diabetes.

As ever, thank you for being a part of the Age Well family. We look forward to welcoming you soon. Aimée Roberts, Director

- **How to receive free or discounted internet - presented by COX**

Learn about COX's participation in the government's Affordable Connectivity Program and how you may be eligible to save on your monthly internet bill. Also, learn best practices when using the internet, television and mobile phones. Please call and reserve your seat.

When: Friday, 9/29, 12:30pm

- **How to Avoid Medicare Fraud - presented by Regal/ADOC Medical Group**

Join us for a discussion about Medicare fraud and how you can avoid it. Please call and let us know your coming at 949-380-0155.

When: Wednesday, 9/6, 12:30pm

- **Weekly Bingo Games**

Come play Bingo in our Ballroom every Thursday. Cards go on sale at 1:00PM and the games begin at 1:30PM. Ten games are played with an optional "special game" played at the break. Every attendee receives a complimentary opportunity drawing ticket for a fun raffle prize.

When: Thursdays, 1:30pm

- **Legal Aid SoCal**

*Attorneys will be on-site offering free 30 minute legal consultations. **Reservations are required** and participants must be 60+ years old. Consults can cover topics like government benefits, health, housing, consumer problems, wills, elder abuse and more.*

When: First Mondays of the month, 10am-2pm

- **Tai-Chi & Qigong Class**

Scientifically proven to improve balance, reduce arthritis pain, and blood pressure. Other benefits include promoting stroke and heart attack recovery, and helping to relieve the physical effects of stress.

When: Tuesdays, 2:30pm

- **Diabetes 101 Seminar**

Learn about the groundbreaking treatments for people with diabetes or at risk for diabetes. Recently retired endocrinologist Dr. Victor Ettinger will present the groundbreaking treatments for diabetes.

When: Monday, 9/25, 12:15pm

- **Create and Color Art Class**

Come explore your creative side and discover how fun and relaxing art can be, even if you have no artistic ability! Each session, we'll have plenty of drawing and coloring supplies for those who want to create freestyle, as well as coloring books and a few creative prompts to get you started. Suggested Materials Donation: \$5

When: Wednesday, 9/6, 10am – **Reservation Required**

- **HICAP-free, unbiased counseling to Medicare beneficiaries, their families, and caregivers**

Individual one hour session with state registered counselor Gene Campbell. Campbell does not sell or endorse any plans. If you are nearing eligibility age or simply want to learn about the upcoming changes in Medicare benefits, call and make your appointment with Mr. Campbell today.

When: 2nd, 3rd and 4th Mondays of the month - **Reservation Required** - call (949) 380-0155

Quality senior health services, right in your community

UCI Health

UCI Health is committed to bringing a wide variety of services to give you and your family the best care available, right here in Laguna Hills.

The SeniorHealth Center combines the latest evidence-based medical practices with a warm, holistic approach to healthy aging.

Recognized among the top 50 geriatric medicine programs in the country, we listen to our patients so we can address their medical issues with dignity, respect and compassion.

UCI Health — Laguna Hills

23961 Calle de la Magdalena, Suite 200
Laguna Hills, CA 92653
Phone: 949-238-4100


ucihealth.org/laguna-hills



Part of your **LEGACY**

Everything that is cherished,
honored & remembered.

We are here to help, every step of the way.

 **877.872.2736**

O'Connor
MORTUARY 
Experience Compassion

125
YEARS
1898-2023



**2024
SENIOR
INSURANCE
PLANS
ARE
HERE!**



Certified Insurance Agent & Broker since 2000

**Call
Today!**

**CECILIA STELLA
(951) 347-9824**

CA Insurance License #OD43235

PROFESSIONAL, NO COST ASSISTANCE WITH:

- Medicare Advantage Plans
- Medicare Supplement Plans
- Medicare Special Needs Plans
- Medicare Plans for Veterans
- and MORE!



We do not offer every plan available in your area. Currently, we represent 12 organizations which offer 107 products in your area. Please contact Medicare.gov, 1-800-Medicare, or your local State Health Insurance Program (SHIP) to get information on all of your options.

Age Well | FLORENCE SYLVESTER
SENIOR CENTER

DMV Prep

Join us for DMV written test prep

Must call for a reservation.
Classes include examples of the test questions, test-taking strategies, and generally boost in confidence before the test.

Call today 949-380-0155
to make your reservation for
DMV written test prep



Age Well | FLORENCE SYLVESTER
SENIOR CENTER

Calling all book worms!

FLORENCE SYLVESTER'S LIBRARY

Did you know we have a library room? Join us!

Regular and large print books curated by a librarian, take a book home, donate a book, relax and enjoy the space **cozying up to a good book**. Open during business hours.



Age Well | FLORENCE SYLVESTER
SENIOR CENTER

DMV Prep

Join us for DMV written test prep

Must call for a reservation.
Classes include examples of the test questions, test-taking strategies, and generally boost in confidence before the test.

Call today 949-380-0155
to make your reservation for
DMV written test prep

Turning 65 or new to Medicare?

**Find out if you are
eligible to enroll in
a Humana Medicare
Advantage plan**



You may find the benefit you're looking for in a Humana Medicare Advantage plan. Ask your agent. You may still be able to enroll if:

- You've moved out of your plan service area
- You've lost health coverage
- You're newly eligible for Medicare
- You have other qualifying circumstances

Humana has a broad selection of Medicare Advantage plans. And Humana is here to help members, from finding a doctor to arranging a ride for those whose plans include transportation benefits. That's human care.



Call a licensed Humana sales agent

David Mulholland
CA 0K87768
949-400-6839 (TTY: 711)
8 a.m. - 5 p.m.
dmulholland@humana.com

Humana. A more human way
to healthcare™



NO EXPERIENCE NECESSARY!

LEARN THE ART OF

zentangle

The Zentangle Method is an easy-to-learn, relaxing, and fun way to create beautiful images by drawing structured patterns, called tangles. You create tangles with combinations of dots, lines, simple curves, S-curves and orbs. No artistic experience or talent is required. If you can draw the alphabet, you can do this! There are hundreds of tangles to learn, and when combined together they create amazing works of art for display or sharing. Nicole Steiman is a Certified Zentangle Teacher and will lead you step by step in this process that leads to increased focus, creativity, calm and well-being.



Wednesday, September 20th at 10am

Call to reserve your spot 949-380-0155

\$5 material contribution suggested

Age Well | FLORENCE SYLVESTER
SENIOR CENTER



JOIN US

LEGAL AID SOCAL

First Monday of the Month

10 am - 2 pm


Individual Free Consultations

30 MINUTE SESSIONS

Must be 60+ Years Old • Reservation Required

An attorney will be available to offer advice on issues including government benefits, health, housing, consumer problems, wills, elder abuse, and more.

RESERVE TODAY

 **949-380-0155**

Age Well | FLORENCE SYLVESTER
SENIOR CENTER



VOLUNTEER SPOTLIGHT



Roy volunteers at Florence Sylvester Senior Center Monday through Friday. Officially, he helps with in-person lunches but we all know him as someone who lends a hand where ever needed. Roy moved to California in 1998 from St. Louis, Missouri. He has owned 4 award winning restaurants and volunteers in the kitchen putting his restaurant skills to use. Roy started out volunteering at Newport's Oasis Center 4.5 years ago and we were lucky to steal him away. Roy, we are beyond grateful for everything you do and your dry sense of humor always delivers a smile.

Cathy was born in Spokane Washington and grew up in SoCal. Throughout her life, Cathy has volunteered with many organizations. Girl Scouts, Assistance League Hawaii, Family Programs Hawaii and the CASA backpack project to name a few. She has also served in leadership positions for several philanthropic organization's Board of Directors. Cathy gives her time, skills, and efforts to plan and lead non-profit organizations to make a larger impact by being more efficient and effective. Cathy started volunteering at the Center because her mother sings in the Harmonaires, who perform monthly at the Center's in-person lunch. Cathy feels great sense of purpose and fulfillment from helping her neighbors and giving back to our community. Cathy, your many efforts have touched a great number of lives and made them better. Thank you for everything you do - you are a cornerstone in the community.



Cindy volunteers in multiple capacities here at Florence Sylvester Senior Center. Another transplant from the Midwest, Cindy also hails from St. Louis Missouri. She loves her fur babies and Bingo. When she's not volunteering with our in-person lunches, reception and wine club, Cindy also volunteers at the Laguna Woods library. For Cindy, the Center is a home away from home, Cindy, you make our days a lot more fun and thank you for always stepping in to help - you're the best!

FLORENCE SYLVESTER PRESENTS

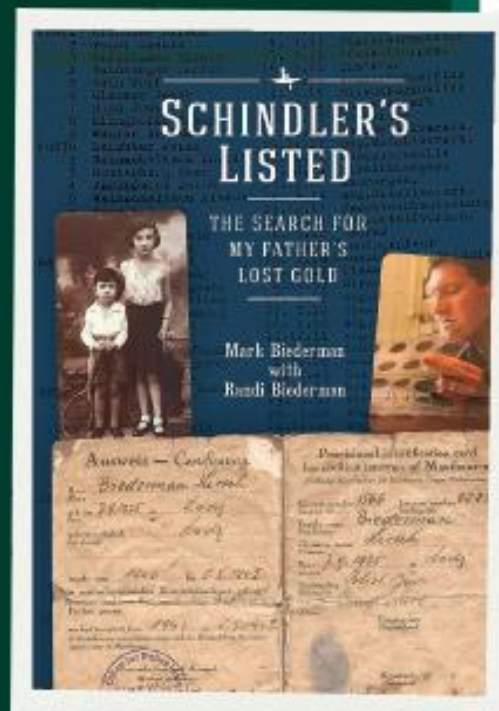
book signing meet & greet

An Afternoon with Co-Author

Randi Biederman

*A Reading
and Q&A
from her
Book:*

**"Schindler's Listed: The Search
for My Father's Lost Gold"**



September 11, 1 pm to 2:30 pm
Florence Sylvester Senior Center
23721 Moulton Pkwy, Laguna Hills, CA 92653

Randi Biederman is the co-author of this non-fiction book about her father-in-law's life, a Schindler's List Survivor.

Their quest to unearth his family's past, and find gold coins that his father's family buried in their backyard in Poland, just before being deported by the Nazis into concentration camps.

She is a resident of Laguna Niguel, a retired school teacher, a mother, a widow, and now a writer. Join us as she visits our community on her North American tour.

RSVP Today!

949-380-0155

Raffle Entry for
free signed book
with your RSVP!

Holistic Health for Fall Prevention and Longevity

Discover the transformational practice of Dynamic Relaxation and Meditation (DRM) as an integrated approach to enhance holistic health and longevity. DRM incorporates music, dance, Chinese qigong and martial arts into this approach.

- English, Cantonese, and Mandarin spoken
- Wear loose and comfortable clothing
- Bring a mat if you have one
- Safety First - proceed at your own pace

BEGINS SEPTEMBER 8

Fridays

1pm-2:30pm

-
- Avoid injuries, getting up after a fall
 - Getting into and out of a bathroom/car
 - Dealing with arthritis, aches and pains
 - Breathing stretching, progressive relaxation
 - Applying wisdom from the East
 - Having fun in group exercises and activities

Call (949) 380-0155 to reserve your spot
23721 Moulton Parkway, Laguna Hills



Turning 65?

We can help answer your Medicare questions.

If you need care now or expert guidance enrolling in Medicare, we can help. With 24/7 video visits, a nurse advice line and telephone support from our local patient navigation center. Close-to-home health centers and conveniently located urgent care centers. Plus easy access to Medicare specialists, resources and education. Whether it's Sunday afternoon or 3 a.m., get high-quality care no matter when or where. **With MemorialCare.**



Consult our Medicare specialists.
877-MYMEMCARE (696-3622) | [memorialcare.org/Medicare](https://www.memorialcare.org/Medicare)



Long Beach Medical Center | Orange Coast Medical Center | Saddleback Medical Center
MemorialCare Medical Group | Greater Newport Physicians



Age Well | FLORENCE SYLVESTER
SENIOR CENTER

Create and Color



Come explore your creative side and discover how fun and relaxing art can be, even if you have no artistic ability! Each session, we'll have plenty of drawing and coloring supplies for those who want to create freestyle, as well as coloring books and a few creative prompts to get you started.

Suggested Materials Donation: \$5

Wednesday, September 6

10-11:30am

Call and reserve your spot

(949) 380-0155

23721 Moulton Parkway, Laguna Hills

www.agewellseniorservices.org





Can the Right Care Help Slow the Progression of Alzheimer's?

Nexus® at Silverado is showing it may be possible

A non-drug approach focusing on lifestyle, Nexus is Silverado's evidence-based brain health program. Academic research has validated that participants in Nexus at Silverado showed a statistically significant **60% improvement in cognition** when compared to those without such treatment.

See firsthand what brain-healthy living is all about!
silverado.com/nexus



silverado.com

Call to speak with our memory care specialists across Orange County

Silverado Brea #306005652
(714) 598-2052

Silverado Newport Mesa #306005693
(949) 631-2212

Silverado San Juan Capistrano #306005691
(949) 240-0550

Silverado Tustin Hacienda #306005692
(714) 832-7900



Quality Senior Care

Provided by Compassionate Caregivers
for Your Peace of Mind

Serving San Clemente, Capistrano Beach, Dana Point,
Laguna Beach and surrounding areas



VISITING ANGELS NEWPORT BEACH & SOUTH OC
2700 W COAST HIGHWAY SUITE 220

VISITINGANGELS.COM/NB

(949) 524-3077

Call for a free in-home assessment

DIABETES 101

25 SEPTEMBER

12:15PM



Learn about the groundbreaking treatments for people with diabetes or at risk for diabetes. Recently retired endocrinologist Dr. Victor Ettinger will present the groundbreaking treatments for diabetes.

Reserve your seat at (949) 380-0155

Age Well | FLORENCE SYLVESTER
SENIOR CENTER

23721 Moulton Pkwy, Laguna Hills

Easy Living Home Care and Errands

Affordable In-Home Care and Errands to help with all of your needs.
Keep your Independence, Compassionate, Attention to Detail, **We Listen**



- In-Home Care
- Personal Care (Bathing/Dressing)
- Escort to and from Appointments
- Shopping, Outings, Errands
- Housekeeping, Laundry, Organizing

- Companionship
- Meal Preparations
- Medication Reminders
- Maintain a Safe & Secure Environment
- Short Term Recovering Patients

NOW HIRING



Insured • Bonded • W2 Employees
Employee Criminal Background Checks

(949) 842-6831
www.homecare4ca.com

Simply The Best...

Residents at Freedom Village deserve the *Best!*



Freedom Village is an Active Life Plan Community with Independent Living, Assisted Living, and Skilled Nursing all on one beautiful campus.

Call to experience the *Best* Senior Living has to offer with a Guarantee of Care for Life!



949-340-8108
23442 EL TORO ROAD
LAKE FOREST, CA 92630



Li. #300608831 COA 143

**Make a reservation for lunch
and enjoy local favorite**



**Tony Odell Rogers
LIVE Performace!**

Tuesday, September 19
11:30am-12:30pm



23721 Moulton Pkwy, Laguna Hills

(949) 380-0155

Orange County

Hi! I'm your local Kaiser Permanente Medicare specialist, and I'm here to help.

I know choosing a Medicare health plan can be challenging. Let me help make it simple.

Now's the time to find out if you could be getting more out of your plan. I can help you:

- Understand the basics of Medicare
- Learn the benefits of a Kaiser Permanente Medicare health plan and how it can help you thrive
- Find a doctor (all our available doctors accept our Medicare health plan members)
- Learn about the new 2023 plan benefits and enhancements
- Add extra benefits like dental, vision, and hearing to your plan
- Learn how to enroll and how I can help you enroll*



Eliud Rosamilia
Kaiser Permanente
Medicare specialist

Call me at
(714) 393-8183
Se habla español



Join me at a live neighborhood webinar or in-person seminar to learn more.

Call me to RSVP or visit my website at
mykpagent.org/eliudr

*You must meet all Medicare health plan enrollment requirements. Kaiser Permanente is an HMO plan with a Medicare contract. Enrollment in Kaiser Permanente depends on contract renewal. You must reside in the Kaiser Permanente Medicare health plan service area in which you enroll. Kaiser Foundation Health Plan, Inc., 393 E. Walnut St., Pasadena, CA 91188-8514.

♻️ Please recycle. 945996849 August 2022

Y0043_N00034197_M

 **KAISER PERMANENTE.**

**Are you a
bingo fan?**

**Let's play
weekly bingo**

JOIN US

EVERY THURSDAY

1:00 PM CARDS GO ON SALE

1:30 PM GAMES BEGIN!

Florence Sylvester Memorial Senior Center

Games and good company! Join us every Thursday for bingo! Beverages and treats will be provided but you are welcome to bring your own.

**CALL TO RSVP:
(949) 380-0155**

With Medicare Plan Advice...
**Local Expertise
Matters!**



Helping Older People Everyday

As a local & licensed insurance agent, I can make informed recommendations because I know the Medicare plans, networks, hospitals, and doctors right here in our area.

I provide:

- Access to a wide variety of Medicare plans.
- Assistance with questions, plan selection and enrollment.
- Attentive, continued support.



Autumn Wright

Licensed Insurance Agent
949-333-3874 Hm.
619-723-4066 Cell
autumnw@comline.com
LIC. OE55441

Age Well

FLORENCE SYLVESTER
SENIOR CENTER

JOIN US WEEKLY

Tai-Chi & Qi-Gong

Florence Sylvester Memorial Senior Center

Hosted in Ballroom 1 by Instructor Ed Tao

Join Us Every Tuesday at 2:30 PM

Benefits of the practice include the following:

- Improves balance and stability by strengthening ankles and knees
 - Relieves physical effects of stress
 - Promotes deep breathing
- Improves lower body and leg strength
 - Helps with arthritis pain
 - Reduces blood pressure
- Promotes faster recovery from strokes and heart attacks
- Promotes good posture and mental alertness

Reserve your spot by calling 949 380 0155

visit www.myagewell.org
to explore more classes & events

Marlene Bridges



SENIORS REAL ESTATE CONCIERGE™

MOBILE (714) 745-2592

OFFICE (949) 363-0901

When Marlene represents you in the sale of your property she will:

- Coordinate Clean-Up, Clean-Out & Repairs
- Coordinate Estate Sales, Moving, Storage of Personal Property
- Provide Experienced Market Evaluations
- Provide Strategic Marketing Plans
- Provide Complimentary Staging
- Clearly Communicate Throughout The Process

Marlene B. Bridges, DRE 01232928

Village Real Estate Services

MOBILE (714) 745-2592 • OFFICE (949) 363-0901

www.OCHomesAndRealEstate.com

Chair Yoga with Jill Camera



Jill has been teaching yoga for more than 20 years. Her focus is on techniques that address the challenges and needs of older adults. Come join us for this amazing opportunity to improve your flexibility, joint health, balance, focus and concentration while nurturing your mental well-being. No experience necessary.

JOIN US EVERY THURSDAY AT 10:30AM

 949-380-0155

 23721 Moulton Pkwy,
Laguna Hills CA

Call to reserve your spot.
Suggested contribution of \$2 per
class

Age Well | FLORENCE SYLVESTER
SENIOR CENTER

MOVIE DAYS

BEAT the HEAT!

In August and September
we will show movies on Wednesdays
and Fridays at 12:45pm

9/1 AUDREY

9/6 OKLAHOMA

9/8 FLIGHT

9/13 CALL ME KATE

9/15 POMS

9/20 THE SOUND OF METAL

9/22 EAT PRAY LOVE

9/27 THE PROPOSAL

9/29 WHERE THE CRAWDADS SING

10/6 BLONDE

10/13 MISS CONGENIALITY

10/20 SWEET HOME ALABAMA

10/27 HOCUS POCUS

11/3 IT'S COMPLICATED



23721 MOULTON PKWY., LAGUNA HILLS

949-380-0155

For over 35 years, we've offered a great choice of primary care physicians right in your neighborhood.

Greater Newport Physicians (GNP) is one of the most experienced and respected medical groups in Orange County. From primary care doctors to specialists, to advanced imaging centers and nationally recognized hospitals, GNP delivers the personalized care that you are looking for. From annual wellness visits and preventive health screenings, to immunizations and management of chronic conditions, we are dedicated to helping you stay healthy and caring for you when you're not. If you are looking for a doctor and want to belong to one of the top medical groups in Orange County, please visit gnpweb.com or call our Concierge Call Center at 800.553.6537.



Mohammed Ali, MD
Lake Forest
23672 Bircher Drive, Suite A
Lake Forest, CA 92630
949.770.7301



Behnaz Haghghi-Motlagh, MD
Laguna Niguel
27781 La Paz Road
Laguna Niguel, CA 92677
949.831.0300



Sonja Krafak, MD
Laguna Niguel
25500 Rancho Niguel Road
Suite 150
Laguna Niguel, CA 92677
949.831.3686



Henry Leung, DO
Laguna Hills
24801 Alicia Pkwy., Suite C
Laguna Hills, CA 92653
949.425.0321



Manish Marolia, MD
Aliso Viejo
2 Journey, Suite 201
Aliso Viejo, CA 92656
949.427.6074



Shannon O'Connor, MD
Aliso Viejo
5 Journey, Suite 130
Aliso Viejo, CA 92656
949.360.1069



**GREATER
NEWPORT
PHYSICIANS**

gnpweb.com | 800.553.6537

DO YOU NEED ASSISTANCE NAVIGATING YOUR TECHNOLOGY?

Join us for a Lunch & Learn as Cox Communications and Age Well proudly partner for training on best practices when using the internet, television and mobile phone. Also learn about Cox's participation in the government's Affordable Connectivity Program (ACP) and how you may be eligible to save money on your monthly internet bill!



SEPTEMBER 29TH | 12:25 AM - 1 PM

**FLORENCE SYLVESTER SENIOR CENTER
23721 MOULTON PKWY LAGUNA HILLS, CA 92653**

PLEASE RSVP TO (949) 380-0155



Age Well | FLORENCE SYLVESTER
SENIOR CENTER



HICAP Medicare Counseling

Free, unbiased individualized Medicare counseling sponsored by Council on Aging.

Gene Campbell, HICAP counselor, will review your current plan or status and present your options to you. Conducted three times a month. Counseling help areas:

- Prescription drug plan coverage
 - Medicare Advantage plans
 - Supplemental policies
- Employee and retiree coverage
 - Affordable Care Act
 - Long-term care insurance
- Medicare Part D Extra Help/Low-Income Subsidy (LIS) Program
 - Medicare Savings Program (MSP) Part B Programs
 - Help to identify and combat Medicare fraud and abuse

Hosted on the 2nd, 3rd, and 4th Mondays of the month. Each day has three slots 9 am, 10 am and 11 am. Call for reservation.

Call today 949-380-0155

A NEW ERA OF AGING

IT'S TIME A MEDICARE PPO PLAN PUT YOU IN CONTROL.

A Medicare PPO Plan gives you the power of choice. See how you can benefit:

- \$0 Monthly Premiums
- Freedom to see a specialist without a referral
- Coverage to see any Medicare-accepting provider
- Part D Coverage Included for additional cost savings
- 24/7 Concierge
- Over the counter quarterly allowance
- Gym membership
- Access to **Hoag, PIH, UCI Health, Memorial Care and More!**



Let's make plans

Evelyn Briano

Phone (657) 499-1485

Give us a call to learn more:
1-888-979-2247 (TTY: 711)
8 am–8 pm, 7 days a week
alignmenthealthplan.com

Alignment Health Plan is an HMO, HMO POS, HMO C-SNP, HMO D-SNP and PPO plan with a Medicare contract and a contract with the California, Florida, Nevada and North Carolina Medicaid programs. Enrollment in Alignment Health Plan depends on contract renewal. Alignment Health Plan complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. Out-of-network/non-contracted providers are under no obligation to treat Alignment Health Plan members, except in emergency situations. Please call our customer service number or see your Evidence of Coverage for more information, including the cost-sharing that applies to out-of-network services. For accommodation of persons with special needs at sales meetings, call 888-979-2247 (TTY: 711).

Age Well

FLORENCE SYLVESTER
SENIOR CENTER

INDIVIDUAL MEMORY TESTING

**3RD
WEDNESDAYS**

**CALL (949) 380-0155 TO
RESERVE YOUR
APPOINTMENT**


MemorialCare[™]
Medical Group


IRVINE
CLINICAL
RESEARCH

23721 Moulton Parkway, Laguna Hills

Age Well.

Orange County's partner in aging

Delicious. Nutritious. Gourmet.

Age Well Senior Services is proud to announce a brand new menu for our lunch program catered by Zest in a Bowl.

Zest in a Bowl will be serving lunches from Monday to Friday. They are a local, family-run restaurant whose mission is to bring natural, healthy, and tasty dishes to the community.

Zest
in a Bowl

About The Menu

The cuisine features a variety of Mediterranean & Italian dishes, each containing a range of vegetables with protein. Notable guest favorites are the fresh salads & wraps, and the healthy soups. A new menu is created every six weeks. Prepared by Zest in a Bowl and served by Age Well Senior Services.



Hawaiian
BBO
Spareribs



Lemon Grass
Thai Basil
Chicken
Fresh Veggies



Miso Salmon
with Rice &
Fresh Greens

Let's do lunch! Make your reservation today.



www.myagewell.org



AgeWellSeniorServices



949.855.8033

September Lunch Menu

Age Well Nutrition Program

Daily Lunch Program

SERVICE DATES EX: Monday - Friday • 11:30 AM - 12:30 PM

Age Well®

Orange County's partner in aging

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

CHRIS HERNANDEZ RDN

SUGGESTED CONTRIBUTION - 60 YRS OR OLDER: \$5.50

COST - 59 YEARS OR YOUNGER: \$7.50

Reservations are required & must be made by 12pm 2 business days in prior to reservation date.

You can RSVP in person or by calling **949-380-0155**.

No special requests or menu substitutions. Menu subject to change without notice. Our menus, per meal, average 500 - 700 calories

Labor Day
Holiday Closure

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>4</p> <p>MIDDLE EASTERN MINCED BEEF Mediterranean Salad Pita Bread Mandarin Cup Milk</p>	<p>5</p> <p>TURKEY & EGG Chef Salad Wheat Roll Peach Cup Milk</p>	<p>6</p> <p>MEDITERRANEAN COD Garden Salad Rice Seasonal Fruit Cookie Milk</p>	<p>7</p> <p>BBQ CHICKEN SLIDER Cream of Broccoli Soup Wheat Bun Orange Juice Brownie Milk</p>	<p>1</p> <p>CHICKEN CACCIATORE Garden Salad Wheat Roll Pineapple Parfait Milk</p>
<p>11</p> <p>TURKEY CHILI Rainbow Salad Roasted Potatoes Corn Bread Seasonal Fruit Milk</p>	<p>12</p> <p>TUNA SALAD SANDWICH Roasted Carrot Soup Wheat Bread Seasonal Fruit Apple Sauce Milk</p>	<p>13</p> <p>SESAME CHICKEN Broccoli & Carrots Rice Oatmeal Raisin Cookie Orange Juice Milk</p>	<p>14</p> <p>PORK CARNITAS Roasted Vegetable Salad Tortilla (2) Pound Cake Seasonal Fruit Milk</p>	<p>15</p> <p>TERIYAKI CHICKEN Asian Salad Rice Pineapple Parfait Milk</p>
<p>18</p> <p>SPAGHETTI MEATBALLS w/ MARINARA SAUCE Garden Salad Mandarin Cup Milk</p>	<p>19</p> <p>CHIPOTLE CHICKEN WHEAT SANDWICH Split Pea Soup Pound Cake Orange Juice Milk</p>	<p>20</p> <p>MEXICAN BEEF LASAGNA Mexican Coleslaw Apple Sauce Orange Juice Milk</p>	<p>21</p> <p>LEMON CAPER CHICKEN Garden Salad Rice Seasonal Fruit Chocolate Chip Cookie Milk</p>	<p>22</p> <p>TUSCAN SALMON Pasta Sauté Carrots & Peas Pineapple Cup Milk</p>
<p>25</p> <p>SPAGHETTI MEATBALLS w/ MARINARA SAUCE Garden Salad Mandarin Cup Milk</p>	<p>26</p> <p>MANGO CHUTNEY CHICKEN SANDWICH Tomato Basil Soup Seasonal Fruit Orange Milk</p>	<p>27</p> <p>TURKEY MEATBALLS w/ RED CURRY SAUCE Zucchini & Squash Rice Pineapple Parfait Milk</p>	<p>28</p> <p>TUNA & EGG Chef Salad Wheat Roll Orange Juice Brownie Milk</p>	<p>29</p> <p>CILANTRO LIME CHICKEN Asian Slaw Rice Oatmeal Raisin Cookie Seasonal Fruit Milk Birthdays Celebration</p>

All meals comply with the Dietary Guidelines for Americans (DGA) 2020-2025 & Dietary Reference Intakes (DRI) for older adults as determined by the California Dept. of Human Services Agency & the U.S. Dept. of Agriculture. Age Well may substitute a menu with equal nutritional value due to food price or food availability. This project is funded in part through a grant from the California Department of Aging, as allocated by the Orange County Board of Supervisors & administered by the Office on Aging.



RR = Reservation Required

23721 Moulton Pkwy, Laguna Hills CA • 949-380-0155 8:30AM-4PM

Monday	Tuesday	Wednesday	Thursday	Friday
August 28	August 29	August 30	August 31	1
9 & 10 Balance & Mobility 10 DMV Test Prep - RR 11:30 Lunch 12 Knit and Crochet 1 Current Issues 2 Grief Share - Loss of a Loved One 2:30 Tai Chi	10 Current Issues 11:30 Lunch 12 Knit and Crochet 1 Current Issues 2 Grief Share - Loss of a Loved One 2:30 Tai Chi	9 & 10 Balance & Mobility 10:30 Neurobics - RR 11:30 Lunch 12:45 Movie Day 1 Knitting Emeritus	9:30 DMV Test Prep - RR 10 Yoga for PD 10 Chair Yoga - RR, \$2 11:30 Lunch 1:30 Bingo 2 & 3 Individual Apple Help - RR	9 & 10 Balance & Mobility 9:30 Individual Apple Help - RR 10 TOPS Meeting 11:30 Lunch 12:30 Cribbage 12:45 Movie Day 1 Holistic Health, Fall Prevention & Longevity Class 3 FSSC Wine Club \$
4				
Closed In Observation Of Labor Day				
11				
9 & 10 Balance & Mobility 9 HICAP - RR 10 Legal Aid 10 DMV Test Prep - RR 10:30 Dr. Trinh Doc Talk 11:30 Lunch 1 Ukulele Class - RR 1 Randi Biederman Book Signing/Meet and Greet 1:30 Ballroom Dancing	10 Current Issues 11:30 Lunch - Sunshine Performance Club 12 Knit and Crochet 1 Current Issues 2 Grief Share - Loss of a Loved One 2:30 Tai Chi	9 & 10 Balance & Mobility 10 Create & Color - RR 11:30 Lunch 12:30 How to Avoid Medicare Fraud - RR 12:45 Movie Day 1 Knitting Emeritus	9:30 DMV Test Prep - RR 10 Yoga for PD 10:30 Chair Yoga - RR, \$2 11:30 Lunch 1:30 Bingo 2 & 3 Individual Apple Help - RR	9 & 10 Balance & Mobility 9:30 Individual Apple Help - RR 10 TOPS Meeting 11:30 Lunch 12:30 Cribbage 12:45 Movie Day 1 Holistic Health, Fall Prevention & Longevity Class
12				
13				
14				
15				

18	19	20	21	22
9 & 10 Balance & Mobility 9 HICAP - RR 11:30 Lunch - Street Performers 1 Ukulele Class - RR 1:30 Ballroom Dancing Class	10 Current Issues 11:30 Lunch - Tony Rogers Performance 12 Knit and Crochet 1 Current Issues 2 Grief Share - Loss of a Loved One 2:30 Tai Chi	9 & 10 Balance & Mobility 10 Memory Testing 10 Zentangle Art Class - RR 11:30 Lunch 12:45 Movie Day 1 Knitting Emeritus	8:30 Pantry Staples 10 Yoga for PD 10:30 Chair Yoga - RR, \$2 11:30 Lunch 1:30 Bingo 2 & 3 Individual Apple Help - RR	9 & 10 Balance & Mobility 9:30 Individual Apple Help - RR 10 TOPS Meeting 11:30 Lunch 12:30 Cribbage 12:45 Movie Day 1 Holistic Health, Fall Prevention & Longevity Class
25	26	27	28	29
9 & 10 Balance & Mobility 9 HICAP - RR 11:30 Lunch - Street Performers 12:15 Diabetes 101 - Doc Talk 1 Ukulele Class - RR 1:30 Ballroom Dancing Class	10 Current Issues 11:30 Lunch 12 Knit and Crochet 1 Current Issues 2 Grief Share - Loss of a Loved One 2:30 Tai Chi	9 & 10 Balance & Mobility 10 Hearing Screening - RR 11:30 Lunch - Harmonaires Performance 12:30 Art4Healing - RR 12:45 Movie Day 1 Knitting Emeritus	9:30 DMV Test Prep - RR 10 Yoga for PD 10:30 Chair Yoga - RR, \$2 11:30 Lunch 1:30 Bingo 2 & 3 Individual Apple Help - RR	9 & 10 Balance & Mobility 9:30 Individual Apple Help - RR 10 TOPS Meeting 11:30 Lunch - Birthday Celebration 12:25 COX presentation - save on your monthly internet bill and learn internet safety tips 12:30 Cribbage 12:45 Movie Day 1 Holistic Health, Fall Prevention & Longevity Class

SNEAK PEAK - SAVE THE DATE

Pancake Breakfast and Car Show

October 28th

8am-11:30am

\$7 all you can eat pancakes

Fantastic Cars, Prizes, Fundraiser