

Age Well

FLORENCE SYLVESTER SENIOR CENTER

23721 Moulton Pkwy | Laguna Hills, CA

949.380.0155

October 2023 Highlights

- ◆ Flu Clinic & Health Resource Fair
- ◆ Barbara Wolk's *Mother in Name Only* book event
- ◆ HICAP Clinic
- ◆ Create & Color Art Class
- ◆ Diabetes 101 Seminar
- ◆ Grief Share and Support
- ◆ Senator Blakespear's Senior Resource Mobile Office Hour
- ◆ Memory Testing
- ◆ Individual Apple Product Assistance
- ◆ Tony Rogers Lunch Performance
- ◆ UCI Health Medicare Class

Age Well | FLORENCE SYLVESTER
SENIOR CENTER

Pancake Breakfast & Car Show Fundraiser



Saturday, October 28, 2023

8:00 to 11 AM

\$7 Presale

All You Can Eat Pancakes

23721 Moulton Pkwy, Laguna Hills (949) 380-0155

Dear Friends,

I hope this message finds you well and filled with positivity! Today, I am reaching out to share the incredible power that resides in our togetherness and collective efforts. I was chatting with a wonderful member of our neighborhood, and it reminded me that each one of you is a vital thread in the tapestry of our community. Your unique strengths, talents, and kindness contribute to a vibrant and resilient network of support and collaboration.

The concept of community isn't something that happens by talking about it as much as it is the act of coming together and creating a sense of well-being for others, and in turn, ourselves. As we embark on the last quarter of 2023, please consider becoming a part of our amazing volunteer team or donating to our organization.

The team at Age Well's Florence Sylvester Senior Center is planning several new enrichment activities in October. Join your neighbors for our annual **Pancake Breakfast and Car Show** on Saturday, October 28th. We would love to see you taking part in an **art class**, meeting your friends here for **lunch**, visiting the **Mobile Staff Hour of State Senator Blakespear**, attending a **Book Presentation and Signing**, or coming in for our **Flu Clinic and Health Resource Fair**. Whichever way you choose to engage with the community holds significant value. If you have any questions about how you can get involved, please do not hesitate to contact me at aroberts@myagewell.org. I look forward to talking with you. Aimée Roberts, Director

- **Pancake Breakfast & Car Show Fundraiser**

Join us for our 3rd annual Pancake Breakfast & Car Show. This is our biggest fundraiser of the year! The morning brings together neighbors, local business partners, local car clubs and volunteers from National Charity League and Assistance League to create community - it's going to be such a fun morning! Purchase your ticket before 10/28 for \$7 (all you can eat pancakes), or at the door for \$10. The cars clubs will include Pacific Coast Corvettes, Laguna Woods Car Club, Hot Rods Unlimited, Just havin' Fun and individuals who have graciously volunteered their cars for the festivities. There will also be a raffle with lots of gift certificates, wine and themed baskets. Breakfast served until 10:30am

When: Saturday, 10/28, 8-11am

- **Flu Clinic & Health Fair with El Toro Pharmacy**

This year, we are bringing the clinic back inside. Call and reserve your spot. Bring you Medicare card and ID with you. Both standard and high doses will be available. There will also be representatives from Braille Institute, Caption Call, Connect Hearing, Age Well nutritionist, HICAP, Hope Benefits and Memorial Care will also be at the Health Fair with goodies and lots of free information. Please call and reserve your seat.

When: Wednesday, 10/18, 10am-12pm

- **UCI Health Medicare Class**

Join UCI Health us for a discussion about Medicare changes and enrollment. Please call and let us know your coming at 949-380-0155.

When: Friday, 10/20, 1pm

- **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

- **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, 10/4, 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



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FLU CLINIC & HEALTH RESOURCE FAIR

OCTOBER 18, 2023

10AM TO 12PM

BALLROOM

CALL AND RESERVE YOUR SPOT

Unlike the last few years, this year the clinic will be inside of Florence Sylvester Senior Center. Please bring your picture ID and your Medicare or other insurance card. Both high dose and standard dose vaccines will be available.



Onsite Health Resources

- Age Well Nutritionist
- Braille Institute
- Connect Hearing
- Caption Call
- Hope Benefits
- HICAP
- Memorial Care

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, October 18th 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**

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SENIOR CENTER

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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.

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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.



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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.



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8 a.m. - 5 p.m.
dmulholland@humana.com

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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!

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SENIOR CENTER

Pancake Breakfast & Car Show Fundraiser



Saturday, October 28, 2023

8:00 to 11 AM

\$7 Presale

All You Can Eat Pancakes

23721 Moulton Pkwy, Laguna Hills

(949) 380-0155

Age Well | FLORENCE SYLVESTER SENIOR CENTER



Special Thanks to our Ring Master Event Sponsors



Thank you to Platinum Spatula Sponsors



UCI Health



23721 Moulton Pkwy, 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



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.
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MemorialCare Medical Group | Greater Newport Physicians



Age Well | FLORENCE SYLVESTER
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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, October 4
10-11:30am**

**Call and reserve your spot
(949) 380-0155**

23721 Moulton Parkway, Laguna Hills
www.agewellseniorservices.org



Age Well | FLORENCE SYLVESTER SENIOR CENTER



VOLUNTEER SPOTLIGHT



Laura and Charlie have been volunteering with Meals on Wheels since 2018. Charlie started out by filling in for last minute driver cancellations. Now, between the pair they drive 4 routes per week. Laura says they enjoy volunteering because they both love to be useful. Delivering meals has been gratifying and turned out to be a win/win for both Charlie and Laura, and the people they serve. Thank you Laura and Charlie! We deeply appreciate your dedication and time that you selflessly give to our community.

Loretta has been a vibrant part of Age Well's Florence Sylvester Senior Center for 23 years. Over the years she taken on several roles serving our community. She drove Meals on Wheels routes for 18 years, then helped pack the meal bags for a few years. Now, Loretta runs a club called the Funtastics. Through her club, Loretta organizes travel to all manner of entertainment venues and donates all of the proceeds to Florence Sylvester Senior Center. Loretta's goals is to help make sure no senior in our community goes hungry. Thank you Loretta - you are an inspiration that speaks to the true meaning of pulling together to create community.



Susan is from Northern California. Throughout her life, she has always been deeply involved with helping others. She taught grades 4-6 and then moved on to teach special education. Over the last 20 years, Susan has volunteered in shelters, food banks, tutoring homeless children, Habitat for Humanity and now, Meals on Wheels. Susan, we are so grateful to have you as a part of our volunteer team - Thank you!!

Volunteer Spotlight is sponsored by our friends at



DIABETES 101

MONDAY, OCTOBER 2

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

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23721 Moulton Pkwy, Laguna Hills

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Age Well | FLORENCE SYLVESTER
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**Make a reservation for lunch
and enjoy local favorite**



**Tony Odell Rogers
LIVE Performance!**

Tuesday, October 17
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

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**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.

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Age Well

FLORENCE SYLVESTER
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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

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

Marlene Bridges



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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

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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
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Age Well

FLORENCE SYLVESTER
SENIOR CENTER



SENATOR
CATHERINE BLAKESPEAR
SENATE DISTRICT 38



MOBILE OFFICE HOURS

*Meet staff members from
Senator Blakespear's team
to learn more about state
and local resources. No
appointment is needed.*



TUESDAY
17 OCTOBER

TIME
11 AM-12P

**FLORENCE SYLVESTER
SENIOR CENTER**

23721 Moulton Pkwy
Laguna Hills, CA 92653



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
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- Coverage to see any Medicare-accepting provider
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Age Well

FLORENCE SYLVESTER
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INDIVIDUAL MEMORY TESTING

**3RD
WEDNESDAYS**

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


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Medical Group


IRVINE
CLINICAL
RESEARCH

23721 Moulton Parkway, Laguna Hills

PULLED PORK SLIDER Coleslaw Orange Chocolate Chip Cookie Milk 2	BEEF w/BLK BEAN TACOS Mexican Coleslaw Tortillas (2) Seasonal Fruit Milk 3	SALMON PANANG CURRY Sauté Carrots & Peas Rice Seasonal Fruit Milk 4	CHICKEN SHAWARMA Mediterranean Salad Pita Bread Oatmeal Raisin Cookie Orange Milk 5	HANDEL CHICKEN Sweet & Sour Cabbage Wheat Roll Seasonal Fruit Milk 6
VIETNAMESE MINCED PORK Asian Slaw Rice Seasonal Fruit Milk 9	RED PEPPER CHICKEN SANDWICH Cream of Broccoli Soup Pound Cake Orange Milk 10	CHEESEBURGER Sesame Bun Roasted Potato Hash Seasonal Fruit Orange Milk 11	DEVIL EGG SANDWICH Split Pea Soup Chocolate Chip Cookie Orange Juice Milk 12	CHICKEN CACCIATORE w/ BLACK OLIVES Garden Salad Wheat Roll Pineapple Parfait 13
TURKEY & EGG CHEF SALAD Wheat Roll Seasonal Fruit Milk 16	CHICKEN MARSALA Rainbow Salad Orange Rice Apple Milk 17	MEDITERRANIAN COD Garden Salad Orange Rice Chocolate Chip Cookie Milk 18	BBQ CHICKEN SLIDER Cream of Broccoli Soup Orange Juice Wheat Bun Brownie Milk 19	MEATBALL STROGANOFF Sauté Carrots & Peas Pasta Seasonal Fruit Milk 20
MIDDLE EASTERN MINCED BEEF Mediterranean Salad Pita Bread Seasonal Fruit Milk 23	TUNA SALAD SANDWICH Roasted Carrot Soup Orange Apple Sauce Milk 24	SESAME CHICKEN Broccoli & Carrots Orange Juice Rice Oatmeal Raisin Cookie Milk 25	PORK CARNITAS Roasted Vegetable Salad Orange Tortillas (2) Pound Cake Milk 26	TERRIYAKI CHICKEN Asian Salad Rice Seasonal Fruit Milk 27
TURKEY CHILI Rainbow Salad Corn Bread Seasonal Fruit Milk 30	CHIPOTLE CHICKEN SANDWICH Split Pea Soup Pound Cake Orange Juice Milk 31		SUGGESTED CONTRIBUTION 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 at [redacted] or by calling [redacted]. No special requests or menu substitutions. Menu subject to change without notice. Our menus, per meal, average 500 - 700 calories	

RR = Reservation Required

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

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
9 & 10 Balance & Mobility 10 DMV Test Prep - RR 10 Legal Aid 10:30 Dr. Trinh Doc Talk 11:30 Lunch 12:15 Diabetes 101 - Doc Talk 1 Ukulele Class - RR	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 Create & Color - RR 11:30 Lunch 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 3 FSSC Wine Club \$
9	10	11	12	13
9 & 10 Balance & Mobility 9 HICAP - RR 10 DMV Test Prep - RR 11:30 Lunch - Sunshine Club performance 1 Ukulele Class - RR	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 11:30 Lunch 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
16	17	18	19	20
9 & 10 Balance & Mobility 9 HICAP - RR 10 DMV Test Prep - RR 11:30 Lunch 1 Ukulele Class - RR	10 Current Issues 11 Senator Blakespear's Mobile Office Hours 11:30 Lunch - Tony Rogers Performance - RR 12 Knit and Crochet 1 Current Issues 2 Grief Share - Loss of a Loved One 2:30 Tai Chi	10 Health Fair - Flu Clinic - RR 10 Zentangle - RR 10 Memory Testing - RR 11:30 Lunch 1 Knitting Emeritus	8:30 Pantry Staples 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 UCI Health Medicare Class - RR

23	24	25	26	27
9 & 10 Balance & Mobility 9 HICAP - RR 10:00 DMV Test Prep - RR 11:30 Lunch - Street Performers 1 Ukulele Class - RR	9 HICAP Clinic - RR 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 11:30 Lunch 12:30 Art4Healing 1 Barbara Wolk's (aka Diana Kingsley) Mother In Name Only book event/signing	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

Pancake Breakfast and Car Show

Saturday, October 28th

8am-11:30am

\$7 presale ticket to all you can eat pancake breakfast

Fantastic Cars, Raffle Prizes, Fundraiser

