

December 2023 Highlights

- ◆ Nutrition Education Workshop
- ◆ Jingle & Mingle Holiday Lunch
- ◆ Dr Trinh Doc Talk
- ◆ Holiday Boutique & Craft Fair
- ◆ Cribbage
- ◆ Yoga for PD
- ◆ Tremble Clef practice
- ◆ Chair Yoga
- ◆ Individual Apple Product Assistance
- ◆ Tony Rogers Lunch Performance
- ◆ Medicare Education Seminar
- ◆ TOPS meetings
- ◆ Tai Chi Class



Dear Friends,

And before we blinked, we've come full circle and we're here again. This holiday season, I want to extend my warmest wishes to each of you. This special time of year is an opportunity for reflection and to savor every moment. The holidays mean different things to everyone, and I hope you find joy and peace in your unique celebrations.

The team at Age Well's Florence Sylvester Senior Center wants to encourage you to participate in the exciting events we have lined up. Our Holiday Boutique and Craft Fair is a great place to find special gifts made by SoCal local artists, and our "you waited until the last minute" Medicare workshop will be an invaluable resource for those seeking guidance. Additionally, we're hosting a nutrition seminar to help you stay healthy during the festive season. And, of course, don't miss our Holiday Jingle and Mingle lunch party we're throwing with our friends at Optum – it's the perfect occasion to connect and share the holiday spirit. Please make your reservation for lunch no later than Tuesday, 12/19.

Wishing you a wonderful holiday season! With gratitude, Aimée Roberts ~ Director

- **Holiday Boutique & Craft Fair**

Join us for our 2nd annual Holiday Boutique and Craft Fair. Shop great gifts for a good cause from local Southern California artists. Booths will feature jewelry, bath and body products, clothing, Christmas ornaments, one-of-a kind cards, home goods such as quilts, tumblers, hand made cutting boards and ceramics. Call and let us know your coming by Wednesday, 11/29, and receive a complimentary raffle ticket upon arrival. Let's celebrate the holidays and support our community together.

When: Saturday, 12/2, 10am-3pm

- **Jingle & Mingle Holiday Lunch**

We're partnering with Optum and Marvel Health to deck the halls and spread some holiday cheer. We are thrilled to invite you to our Jingle & Mingle Holiday Lunch. There will be holiday trivia, a photo booth with take-home memories, help decorate our Gratitude Tree, and decorate your own take home ornament. Dress in your favorite holiday sparkles. Don't forget to call and reserve your lunch no later than Tuesday, 12/19, 949-380-0155

When: Friday, 12/22, 12pm

- **Memorial Care Medicare Workshop**

If you just realized Medicare open enrollment is almost over, join Memorial Care's Medicare specialists for a discussion Medicare changes and enrollment. Please call and let us know your coming at 949-380-0155.

When: Wednesday, 12/6, 11am, Reservation Encouraged

- **Nutrition Seminar**

Seminar led by Kristine Yada, a Registered Dietician Nutritionist at Saddleback Medical Center compassionately serving our patients both in our hospital and in our community. She graduated from the University of California, Davis with a major in Clinical Nutrition and a minor in Exercise Biology and received a Master of Science in Nutrition Science from California State University, Long Beach. Kristine is currently a Lecturer at CSU Long Beach and runs her own private practice, specializing in healthy aging for individuals with metabolic diseases.

When: Monday, 12/11, 1pm – **Reservation Suggested**

- **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

Age Well

FLORENCE SYLVESTER
SENIOR CENTER

Holiday

Boutique & Craft Fair

Saturday, December 2nd
10:00 am – 3:00 pm

Age Well's Florence Sylvester Senior Center
23721 Moulton Pkwy Laguna Hills, CA

**Shop great gifts for a good cause from
local Orange County artisans. Call and
let us know your coming and receive a
free raffle ticket (949) 380-0155.**

Learn more at myagewell.org



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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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

Medicare Questions Answered!

Starting October in the Lobby
Every Monday & Wednesday from 9:30 until 1:30

October 16, 18, 23, 25, 30

November 1, 6, 8, 13, 15, 20, 22, 27, 29

December 4, 5, 6, 7



Medicare With Confidence!

You don't have to make decisions by yourself.

Insurance Terms • Drug Coverage Stages
Late Enrollment Penalties • Budget Concerns

As a licensed insurance agent, I can help you with:

- Medicare Education
- Medicare Eligibility Requirements
- Multiple Health Plan Options
- Important Medicare Deadlines

Call today with any questions or to RSVP!



Autumn Wright
Licensed Insurance Agent
949-333-3874
Cell: 619-723-4066

Not affiliated with or endorsed by the government or the federal Medicare program. Insurance-related solicitation. This event is for educational purposes only. No plan or benefit information will be shared. For accommodations of persons with special needs at meetings, call 619-723-4066 (TTY:711).

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



**Tony Odell Rogers
LIVE Performace!**

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



23721 Moulton Pkwy, Laguna Hills

(949) 380-0155



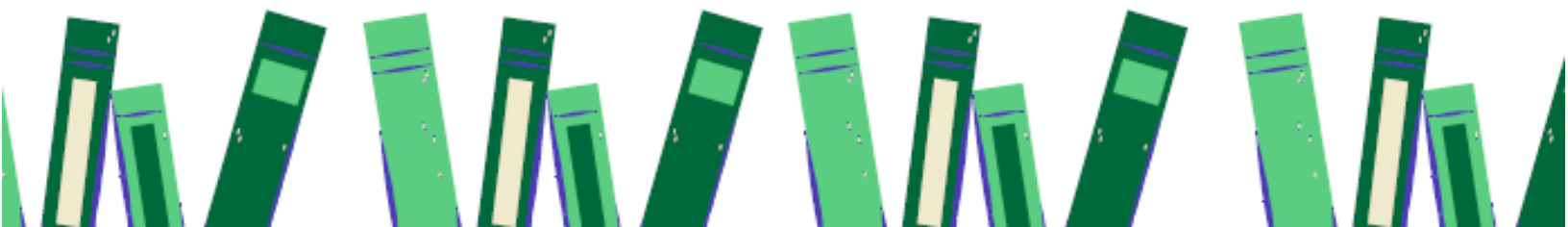
Age Well | FLORENCE SYLVESTER
SENIOR CENTER

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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**Open
Enrollment
ends on
12/7/23**

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](https://www.Medicare.gov), 1-800-Medicare, or your local State Health Insurance Program (SHIP) to get information on all of your options.

Everyday Nutrition Tips



Join us for an educational discussion in helpful nutrition information!

Seminar led by Kristine Yada, a Registered Dietician Nutritionist at Saddleback Medical Center compassionately serving our patients both in our hospital and in our community. She graduated from the University of California, Davis with a major in Clinical Nutrition and a minor in Exercise Biology and received a Master of Science in Nutrition Science from California State University, Long Beach. Kristine is currently a Lecturer at CSU Long Beach and runs her own private practice, specializing in healthy aging for individuals with metabolic diseases.

When: Monday, December 11th at 1:00pm



Jingle & *Mingle*

Join us for a

Holiday Lunch

December 22 | 12 pm Noon

Florence Sylvester Senior Center

Holiday Trivia with Fun Prizes

Photo Booth with take-home memories

Help us decorate our Gratitude Tree

Decorate your own take-home ornament

Dress in your Favorite Holiday Sparkles

Call to RSVP at 949-380-0155

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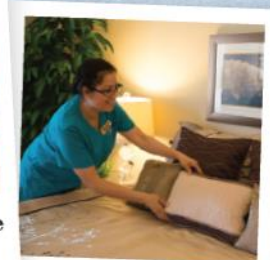
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Delicious. Nutritious. Gourmet.

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

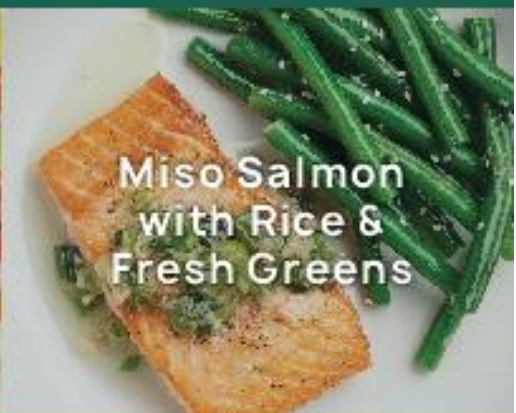
The cuisine features a variety of Mediterranean & Italian dishes, each containing a range of vegetables with protein. Notable guest favorites are the fresh salads & wraps, and the healthy soups. A new menu is created every six weeks. Prepared by Zest in a Bowl and served by Age Well Senior Services.



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

KNITTING & CROCHETING

Like to knit or crochet? Looking to learn? Join the Florence Sylvester group. We meet weekly and hope you'll join!

Tuesdays 12 PM

Age Well | FLORENCE SYLVESTER
SENIOR CENTER

See
You
There!



Explore more events online
www.myagewell.org

**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**



Understanding Your Medicare Options

Florence Sylvester Senior Center
23721 Moulton Pkwy
Laguna Hills, CA 92653

Wednesday, December 6, 2023 at 10:00 a.m.

Join us for a presentation that will provide an educational overview of the different parts of Medicare (A, B, C and D). You'll find information that can help you make decisions about the coverage options that best meet your needs. During this program you will learn:

- Time frames of when to consider applying for Medicare
- How to apply for Medicare
- Crucial Deadlines
- Medicare Advantage Plans vs Supplemental Plans
- Medigap Plans
- Prescription Drug Plans
- And more!

**MemorialCare**
Medical Group

To register please call Jose
Juarez, Medicare Specialist.
(714) 640 -7158

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

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to explore more classes & events

Marlene Bridges



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MOVIE DAYS

Fridays at 12:45pm

11/3 IT'S COMPLICATED

11/17 THE BIG SHORT

12/1 PURPLE HEARTS

12/8 OUR SOULS AT NIGHT

12/15 RUNAWAY BRIDE

12/22 DEAR JOHN

12/29 THE FIRM

1/5 WANNA DANCE WITH SOMEBODY

1/12 SILVER LININGS PLAYBOOK

1/19 HAPPINESS FOR BEGINNERS

1/26 LIFE ON OUR PLANET

2/2 BIG GEORGE FOREMAN

2/9 MY BIG FAT GREEK WEDDING 2

2/16 PAIN HUSTLERS

2/23 LIKE FATHER



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23672 Bircher Drive, Suite A
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949.770.7301



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Shannon O'Connor, MD
Aliso Viejo
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- 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



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At Alignment Health Plan, we're not just improving health care; we're revolutionizing the way you experience aging. Our Medicare Advantage Plans are tailored to meet your unique needs, backed by our 24/7 Concierge Service that's always there to support you.

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LET'S MAKE PLANS THAT FIT YOUR LIFE!

Join me at one of the upcoming seminars or give me a call to discover how we can redefine your aging experience.

11/08/2023 • 10AM-12PM

Florence Sylvester Senior

23721 Moulton Pkwy

Laguna Hills, CA 92653

11/30/2023 • 10AM-12PM

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Laguna Hills, CA 92653

12/05/2023 • 10AM-12PM

Florence Sylvester Senior

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Laguna Hills, CA 92653

Day / Date • Time

Florence Sylvester Senior

23721 Moulton Pkwy

Laguna Hills, CA 92653

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SENIOR CENTER

JOIN US!

Florence Sylvester Senior Center

YOGA FOR PARKINSON'S

This exercise class specifically designed for anyone with Parkinson's and their loved ones encompasses breath work, gentle movement, stretching, performed seated or standing. The instructor Susan Juby has taught yoga classes for over 15 years and is also a yoga therapist, and she looks forward to working with you.

Thursdays at 10 AM
Call to Reserve (949) 380-0155

Florence Sylvester Senior Center
23721 Moulton Pkwy, Laguna Hills

www.myagewell.org



Age Well

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TAKE POUNDS OFF SENSIBLY

TOPS MEETING

Support group for attaining and maintaining
a healthy weight. Stay & share a healthy,
nutritious lunch after the meeting!

Fridays at 10 AM

Florence Sylvester Senior Center

Learn more at [tops.org](https://www.tops.org)

Contact Age Well :
949-380-0155
myagewell.org




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

Suggested contribution
of \$2 per class

 23721 Moulton Pkwy,
Laguna Hills CA

December

Age Well Nutrition Program • December 2023 Menu

FLORENCE SYLVESTER
SENIOR CENTER

Age Well

Daily Lunch Program

Monday – Friday • 11:30 AM – 12:30 PM • 949-380-0155

Lunch Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



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 prior to your reservation date.**

Please 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



MIDDLE EASTERN MINCED BEEF Mediterranean Salad Pita Bread Mandarin Cup Milk	SESAME CHICKEN Broccoli & Carrots Rice Oatmeal Raisin Cookie Orange Juice Milk	TUNA SALAD SANDWICH Roasted Carrot Soup Orange Wheat Bread Apple Sauce Milk	PORK CARNITAS Roasted Vegetable Salad Orange Tortillas Pound Cake Milk	MEATBALL STROGANOFF Carrots & Peas Pasta Mandarin Parfait Milk
TURKEY CHILI Rainbow Salad Corn Bread Tropical Fruit Milk	CHIPOTLE CHICKEN SANDWICH Split Pea Soup Pound Cake Orange Juice Milk	MEXICAN BEEF LASAGNA Mexican Coleslaw Orange Juice Apple Sauce Milk	LEMON CAPER CHICKEN Garden Salad Rice Chocolate Chip Cookie Orange Milk	TERRIYAKI CHICKEN Asian Salad Rice Pineapple Parfait Milk
MEATBALLS W/ MARINARA Garden Salad Spaghetti Seasonal Fruit Milk	TURKEY MEATBALLS RED CURRY Zucchini & Squash Rice Seasonal Fruit Milk	TUNA & EGG Chef Salad Wheat Roll Brownie Orange Juice Milk	MANGO CHUTNEY CHICKEN SANDWICH Tomato Basil Soup Apple Orange Milk	ROAST TURKEY W/ CRANBERRY SAUCE Broccoli Gratin Mashed Potatoes w/ Gravy Orange Juice & Cake Milk
CLOSED <i>Happy Holidays!</i>	BEEF W/ BLACK BEAN TACOS Mexican Coleslaw Tortilla (2) Seasonal Fruit Milk	CHICKEN TARRAGON SANDWICH Roasted Carrot Soup Apple Sauce Orange Juice Milk	ROASTED CHICKEN SCHWARMA Mediterranean Salad Pita Bread & Oatmeal Cookie Orange Milk	COD W/ PANANG CURRY SAUCE Sauté Carrots & Peas Rice Tropical Fruit Milk

Meal contains sodium over 1,000mg

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.

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

RR = Reservation Required

Monday	Tuesday	Wednesday	Thursday	Friday
<p>27</p> <p>9 Balance & Mobility</p> <p>9:30 Tremble Clef Practice</p> <p>10 Balance & Mobility</p> <p>11:30 Lunch</p>	<p>28</p> <p>10 Current Issues</p> <p>11:30 Lunch</p> <p>12 Knit and Crochet</p> <p>12:30 Poker</p> <p>1 Current Issues</p> <p>2:30 Tai Chi</p>	<p>29</p> <p>9 Balance & Mobility</p> <p>10 Balance & Mobility</p> <p>11:30 Lunch</p> <p>12:30 Art4Healing</p> <p>1 Knitting Emeritus</p>	<p>30</p> <p>9:30 DMV Test Prep - RR</p> <p>10 Yoga for PD</p> <p>10:30 Chair Yoga - RR \$2</p> <p>11:30 Lunch - Birthday Celebration</p> <p>12:30 Poker</p> <p>1:30 Bingo</p> <p>2 & 3 Individual Apple Help - RR</p>	<p>1</p> <p>9 Balance & Mobility</p> <p>9:30 Individual Apple Help - RR</p> <p>10 Balance & Mobility</p> <p>10 TOPS Meeting</p> <p>11:30 Lunch</p> <p>12:30 Cribbage</p> <p>12:45 Movie Day</p> <p>3 FSSC Wine Club \$</p>
<p>4</p> <p>9 Balance & Mobility</p> <p>9:30 Tremble Clef Practice</p> <p>10 DMV Test Prep - RR</p> <p>10 Legal Aid</p> <p>10 Balance & Mobility</p> <p>10:30 Dr. Trinh Doc Talk</p> <p>11:30 Lunch</p>	<p>5</p> <p>10 & 1 Current Issues</p> <p>11:30 Lunch</p> <p>12 Knit and Crochet</p> <p>12:30 Poker</p> <p>2:30 Tai Chi</p>	<p>6</p> <p>9 Balance & Mobility</p> <p>10 Balance & Mobility</p> <p>11 Last Chance for AEP - Memorial Care Medicare Seminar</p> <p>11:30 Lunch</p> <p>1 Knitting Emeritus</p>	<p>7</p> <p>9:30 DMV Test Prep - RR</p> <p>10 Yoga for PD</p> <p>10:30 Chair Yoga - RR \$2</p> <p>11:30 Lunch</p> <p>12:30 Poker</p> <p>1:30 Bingo</p> <p>2 & 3 Apple Help - RR</p>	<p>8</p> <p>9 Balance & Mobility</p> <p>9:30 Individual Apple Help - RR</p> <p>10 Balance & Mobility</p> <p>10 TOPS Meeting</p> <p>11:30 Lunch</p> <p>12:30 Cribbage</p> <p>12:45 Movie Day</p>
<p>11</p> <p>9 Balance & Mobility</p> <p>9 HICAP - RR</p> <p>9:30 Tremble Clef Practice</p> <p>10 Balance & Mobility</p> <p>10 DMV Test Prep - RR</p> <p>11:30 Lunch - Sunshine Club performance</p> <p>1 Nutrition Seminar - RR</p>	<p>12</p> <p>10 & 1 Current Issues</p> <p>11:30 Lunch</p> <p>12 Knit and Crochet</p> <p>12:30 Poker</p> <p>2:30 Tai Chi</p>	<p>13</p> <p>10 Balance & Mobility</p> <p>11:30 Lunch</p> <p>1 Knitting Emeritus</p>	<p>14</p> <p>9:30 DMV Test Prep - RR</p> <p>10 Yoga for PD</p> <p>10:30 Chair Yoga - RR \$2</p> <p>11:30 Lunch</p> <p>12:30 Poker</p> <p>1:30 Bingo</p> <p>2 & 3 Individual Apple Help - RR</p>	<p>15</p> <p>9 Balance & Mobility</p> <p>9:30 Individual Apple Help - RR</p> <p>10 Balance & Mobility</p> <p>10 TOPS Meeting</p> <p>11:30 Lunch</p> <p>12:30 Cribbage</p> <p>12:45 Movie Day</p>

18	19	20	21	22
<p>9 HICAP - RR</p> <p>9:30 Tremble Clef Practice</p> <p>10:00 DMV Test Prep - RR</p> <p>11:30 Lunch</p>	<p>10 & 1 Current Issues</p> <p>11:30 Lunch - Tony Rogers Performance - RR</p> <p>12 Knit and Crochet</p> <p>12:30 Poker</p> <p>2:30 Tai Chi</p>	<p>11:30 Lunch - Harmonaires performance</p>	<p>8:30 Pantry Staples</p> <p>10 Yoga for PD</p> <p>10:30 Chair Yoga - RR \$2</p> <p>11:30 Lunch</p> <p>12:30 Poker</p> <p>1:30 Bingo</p> <p>2 & 3 Individual Apple Help - RR</p>	<p>9:30 Individual Apple Help - RR</p> <p>10 TOPS Meeting</p> <p>11:30 Lunch - Jingle & Mingle Holiday Party - RR</p> <p>12:30 Cribbage</p> <p>12:45 Movie Day</p>
25	26	27	28	29
<p>Closed In Observance of the Christmas Holiday</p>	<p>11:30 Lunch</p> <p>12 Knit and Crochet</p> <p>12:30 Poker</p> <p>2:30 Tai Chi</p>	<p>11:30 Lunch</p>	<p>10 Yoga for PD</p> <p>10:30 Chair Yoga - RR \$2</p> <p>11:30 Lunch</p> <p>12:30 Poker</p> <p>1:30 Bingo</p> <p>2 & 3 Individual Apple Help - RR</p>	<p>9:30 Individual Apple Help - RR</p> <p>10 TOPS Meeting</p> <p>11:30 Lunch - Birthday Celebration</p> <p>12:30 Cribbage</p> <p>12:45 Movie Day</p>

Holiday Boutique

Saturday, December 2

10am-3pm

Make a dent in your holiday shopping by supporting local artists AND the vital resources we deliver to our community.