

Age Well

FLORENCE SYLVESTER SENIOR CENTER

23721 Moulton Pkwy | Laguna Hills, CA

949.380.0155

February 2024 Highlights

- ◆ Bingo
- ◆ Guided Autobiography Workshop
- ◆ Ukulele Class - Beginners Welcome!
- ◆ Apple Device Assistance
- ◆ Dance Workshop Series for Parkinson's Disease
- ◆ Cribbage
- ◆ Yoga for Parkinson's Disease
- ◆ Chair Yoga
- ◆ Tony Rogers Lunch Performance
- ◆ Create & Color Art Class
- ◆ Tai Chi Class



VALENTINE'S LUNCH PARTY

Join us and our friends at MemorialCare for a special lunch celebration. Featuring live music, games, prizes and special Valentine treats. Let's celebrate love and friendship together! RSVP by Monday, 2/12.

DATE 14 FEB 2024

TIME 12.00 PM

PLACE Florence Sylvester Senior Center

949-380-0155
23721 Moulton Pkwy
Laguna Hills

Age Well | FLORENCE SYLVESTER SENIOR CENTER
AND MemorialCare Medical Group

Dear Friends,

As we step into February, a month symbolizing love and friendship, I am thrilled to share with you the exciting events we have lined up at Age Well's Florence Sylvester Senior Center. In addition to the vital resources we deliver to our community, our goal is to create moments that not only bring us together, but also spark new interests and lifelong learning.

Join us on Valentine's Day for a special lunch party. This is the perfect opportunity to bring your significant other, a dear friend or simply come and make new connections. Expect an afternoon filled with music, fun games, and a chance to win fantastic prizes. And of course, no Valentine's celebration would be complete without special dessert treats!

This month we are also excited to offer a Guided Autobiography Workshop. It's a wonderful way to reflect on and share your life's journey in a supportive and guided environment. Whether you're an experienced writer or just starting, this workshop is a beautiful journey into storytelling.

Other highlights this month include art classes like Create & Color, Zentangle, and Art4Healing. If you are getting ready to take the DMV written test, we also offer classes to help familiarize you with the test material.

As we continue to grow and evolve, I want to express my heartfelt gratitude for your support and enthusiasm. Your participation and feedback are what make the center a vibrant and thriving community. Here's to a fantastic February and an amazing year ahead. Wishing everyone the very best in 2024! Aimée Roberts, Director

- **Bingo**

Come join us for good company and a bit of friendly competition. Coffee bar provided. Players are welcome to bring their own nibbles. Age Well's Florence Sylvester Senior Center extends a special welcome to the Laguna Woods Players Club!

When: Tuesdays, Papers on sale at 1:00pm, Games begin at 1:30pm

- **Guided Autobiography Workshop**

This special workshop is a unique form of writing one's life story. Written in memoir style, participants will be given specific themes such as branching points, family, spirituality, and work life to write on at home. They will share their writing in person and receive positive and supportive feedback at the next class. Led by Vivian Clecak and Ellie Freedman Levin, retired psychotherapists, this workshop is designed to facilitate a small group. Participants must commit to all 7 weeks. At the end of the series, participants should walk away with 12 or more pages of their life story, a legacy for family members, insights for self-understanding, and new friendships to name just a few.

When: Begins Tuesday, 2/6, 10am-12pm, Reservation Required

- **Valentine's Lunch Party**

Join us and our friends from MemorialCare for a special lunch celebration. Featuring a Harmonaire's performance, games with fantastic prizes and SPECIAL Valentine treats. Let's celebrate love and friendship together! Please RSVP no later than Monday, 2/12 at 12pm.

When: Wednesday, 2/14, Lunch begins at 11:30am, Party at 12pm, Reservation Required

- **Apple Device Assistance**

Bring your device (MacBook, iPhone, iPad, or Apple Watch) and Don Truhill will teach you how to use it more effectively and answer your questions. This is an individual 1-hour appointment. Reservation Required.

When: Thursdays, 2-4pm & Fridays, 9:30-11:30am, Reservation Required

- **Chair Yoga**

Join veteran yoga instructor, Jill Camera, for a yoga class that is designed to meet you wherever you are on your physical ability journey. Suggested contribution of \$2. No experience necessary.

When: Thursdays, 10:30am

- **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, Reservations Required

- **Tai-Chi & Qigong Class - NEW Day!**

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: Mondays, 2:30pm

Starter 7 HOUR Package	Best Value 12 HOUR Package	Complete 24 HOUR Package
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Laguna Hills CA 92653

LTC Family Educator
Mayra Amaya

GUIDED AUTOBIOGRAPHY 7-WEEK WORKSHOP



**START
AT
10:00 AM**

**TUESDAY
06 FEBRUARY
2024**

***NO EXPERIENCE
NECESSARY. Workshop is
limited to 10 participants - call
and reserve your spot. Please
commit to all 7 weeks.***

Program of each session:

10:00 am Discussion and introduction of the week's themes
11:00 am Breakout groups discuss stories and receive
supportive feedback

www.agewellseniorservices.org

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

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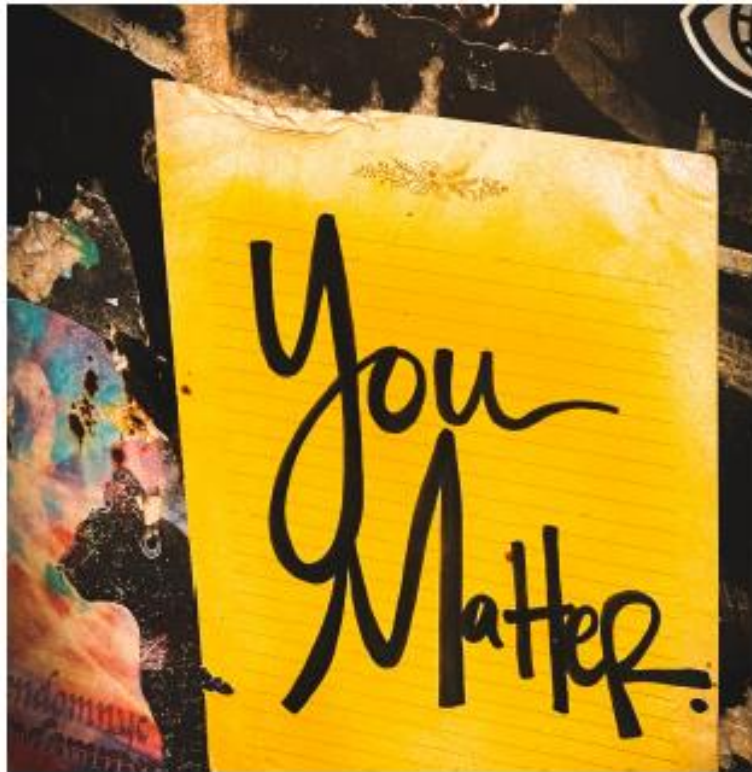
Call today with any questions or to RSVP!



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).

Caring for Yourself while Helping Others



with Special Guest Speaker:
Becky Lomaka, MA, CT

Thursday, February 22
from
12:30pm – 1:30am

Florence Sylvester Senior Center
23721 Moulton Parkway
Laguna Hills, 92653

Caring for yourself is vital when helping others, yet the physical and emotional demands of caregiving can make it seem impossible. Learn how to recognize symptoms associated with different forms of stress, fatigue and burnout – and the resulting damage it can cause. Strategies are provided for you to learn to reduce the negative impacts of caregiver stress and how to develop positive approaches to caring for oneself, including the development of a personalized self-care plan.

Join Becky Lomaka, MA, CT, Director of Grief Support and Education at O'Connor Mortuary, for this informative and practical workshop.



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Office Locations

Irvine: 22 Odyssey, Ste. 115, Irvine, CA 92618
Office: (949) 988-7550

Laguna Hills: 23141 Moulton Pkwy., Ste. 102
Laguna Hills, CA 92653
Office: (949) 916-9100

Office Hours

Mon. - Fri.: 8:00 a.m. - 5:30 p.m.
Sat.: 10:00 a.m. - 4:00 p.m.

Call us to schedule an office visit!



Raymond Chang, M.D.
Endocrinology, Diabetes & Metabolism, Nephrology



Monica Harms, M.D.
Family Practice, Sports Nutritionist, Certified Personal Trainer



Stephen Ierardi, M.D.
Family Medicine



Marlene Yacoob, M.D.
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Lynn Napoli, M.D.
Family Medicine



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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

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For individuals with **Parkinson's Disease**

Starting January 11, 2024 - April 12,
2024 12:45pm - 1:45pm Every Thursday

Taught by Tessa Heiberg: Doctor of
Physical Therapy Student at Chapman University

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

All Levels
Welcome!



For more information, email info@pep4u.org or call (949)264-3341

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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.

Age Well | FLORENCE SYLVESTER
SENIOR CENTER

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



**Tony Odell Rogers
LIVE Performance!**

Tuesday, February 20
11:30am-12:30pm



23721 Moulton Pkwy, Laguna Hills

(949) 380-0155

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 Monday 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

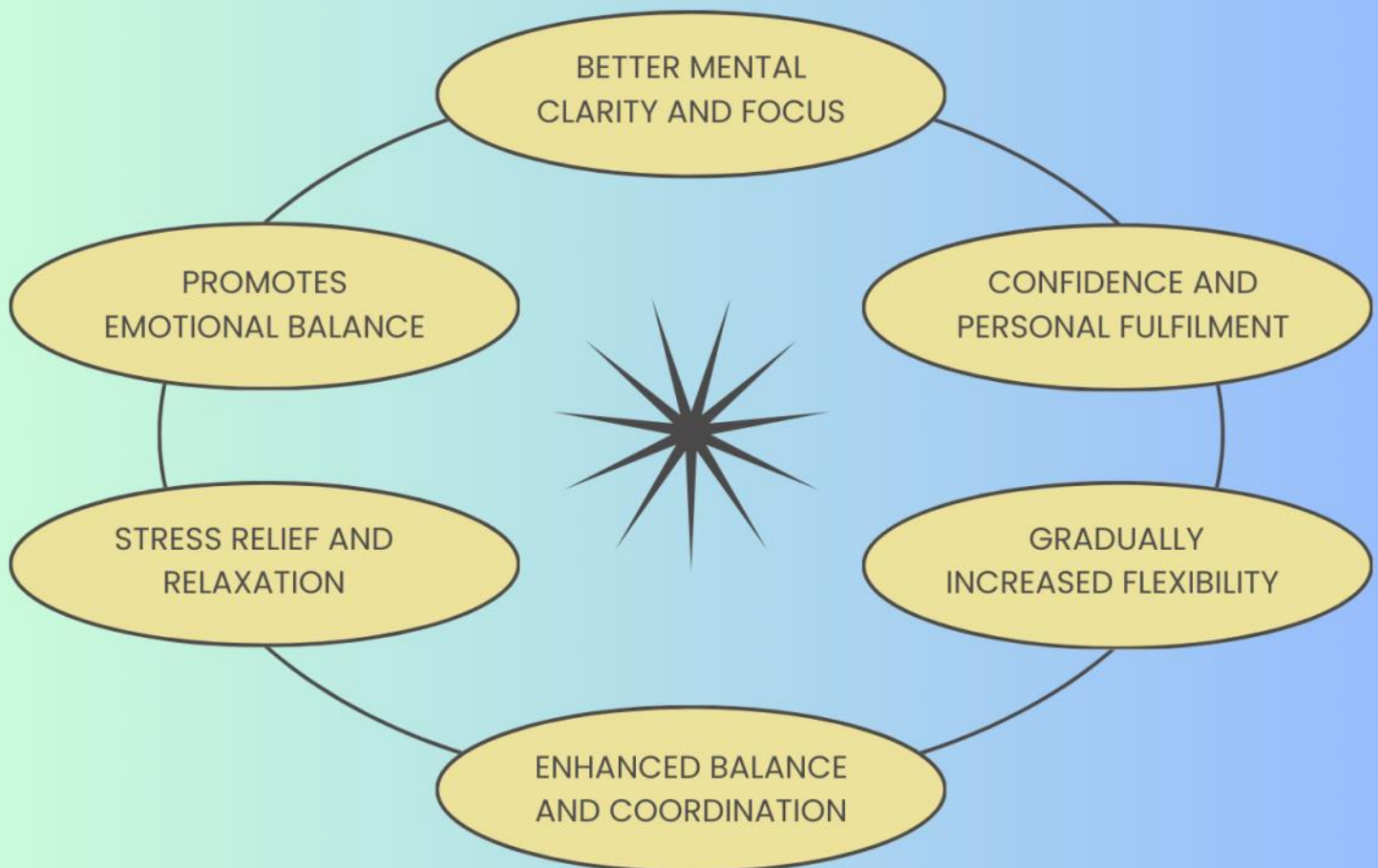
Reserve your spot by calling 949 380 0155

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

benefits of chair *yoga*

Thursdays, 10:30am, \$2

no experience necessary



23721 Moulton Pkwy, Laguna Hills



949-380-0155

Age Well | FLORENCE SYLVESTER
SENIOR CENTER

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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Katherine Manasson, M.D.
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Aliso Viejo, CA 92656
(949) 427-6074



Shannon O'Connor, M.D.
Aliso Viejo
5 Journey, Suite 130
Aliso Viejo, CA 92656
(949) 360-1069

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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





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LET'S GET TOGETHER

Revisit and make changes if you need to

Time: 2pm-3pm

1/23/2024 at Coco's Bakery Restaurant

23000 Lake Forest Dr, Laguna Hills CA 92653

1/29/2024 at Alignment Health Plan Center

24310 Moulton Pkwy C2 Laguna Woods 92653

LET'S MAKE PLANS

Binh Nguyen

949-744-1952

1-888-979-2247 (TTY: 711)

8 am–8 pm, 7 days a week

alignmenthealthplan.com

*Monthly premiums and benefit availability vary by plan and county. For plan availability in your county, please contact Alignment Health Plan.

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, 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. For accommodation of persons with special needs at sales meetings, call 888-979-2247 (TTY: 711).

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Age Well

FLORENCE SYLVESTER
SENIOR CENTER

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](https://www.myagewell.org)



February 2024 Lunch Menu

Daily Lunch Menu

AGE WELL

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

Florence Sylvester Senior Center

Please reserve 2 days in advance

CHRIS HERNANDEZ RDN

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>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 at Florence Sylvester or by calling No special requests or menu substitutions. Menu subject to change without notice. Our menus, per meal, average 500 - 700 calories</p>	<p>PULLED PORK SLIDER 5 Coleslaw Orange Chocolate Chip Cookie Milk</p>	<p>BEEF w/BLK BEAN TACOS 6 Mexican Coleslaw Tortilla (2) Seasonal Fruit Milk</p>	<p>MANGO CHUTNEY CHICKEN SANDWICH 1 Tomato Basil Soup Apple Sauce Orange Milk</p>	<p>CILANTRO LIME CHICKEN 2 Asian Slaw Rice Oatmeal Raisin Cookie Orange Milk</p>
<p>VIETNAMESE MINCED PORK 12 Asian Slaw Rice Seasonal Fruit Milk</p>	<p>CHICKEN TARRAGON SANDWICH 7 Roasted Carrot Soup Apple Sauce Orange Juice Milk</p>	<p>CREAMY CILANTRO LIME SALMON 14 Sauté Red Cabbage Rice Orange Cake & Milk</p>	<p>ROASTED CHICKEN SHAWARMA 8 Mediterranean Salad Pita Bread Orange Oatmeal Cookie & Milk</p>	<p>COCONUT SHRIMP w/ MANGO SAUCE 9 Sauté Sesame Broccoli Medley Rice Seasonal Fruit Milk</p>
<p>CLOSED IN OBSERVANCE OF PRESIDENT'S DAY</p>	<p>RED PEPPER CHICKEN SANDWICH 13 Cream of Broccoli Soup Orange Pound Cake Milk</p>	<p>MEDITERRANEAN COD 21 Garden Salad Orange Rice Chocolate Chip Cookie Milk</p>	<p>DEVIL EGG SANDWICH 15 Split Pea Soup Chocolate Chip Cookie Orange Juice Milk</p>	<p>CHICKEN CACCIATORE w/ BLACK OLIVES 16 Garden Salad Wheat Roll Pineapple Parfait Milk</p>
<p>MIDDLE EASTERN MINCED BEEF 26 Mediterranean Salad Pita Bread Seasonal Fruit Milk</p>	<p>CHICKEN MARSALA 20 Rainbow Salad Orange Rice Apple Milk</p>	<p>TUNA SALAD SANDWICH 28 Roasted Carrot Soup Orange Apple Sauce Milk</p>	<p>BBQ CHICKEN SLIDER 22 Cream of Broccoli Soup Orange Juice Brownie Milk</p>	<p>MEATBALL STROGANOFF 23 Sauté Carrots & Peas Penne Pasta Seasonal Fruit Milk</p>
<p>SESAME CHICKEN 27 Broccoli & Carrots Rice Oatmeal Raisin Cookie Orange Juice Milk</p>	<p>SESAME CHICKEN 27 Broccoli & Carrots Rice Oatmeal Raisin Cookie Orange Juice Milk</p>	<p>PORK CARNITAS 29 Roasted Vegetable Salad Orange Tortillas (2) Pound Cake Milk</p>	<p>BBQ CHICKEN SLIDER 22 Cream of Broccoli Soup Orange Juice Brownie Milk</p>	<p>MEATBALL STROGANOFF 23 Sauté Carrots & Peas Penne Pasta Seasonal Fruit Milk</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.

Meal contains sodium over 1000mg

Monday	Tuesday	Wednesday	Thursday	Friday
January 29 9 & 10 Balance & Mobility 9 HICAP 9:30 Tremble Clef Practice 10:00 DMV Test Prep - RR 11:30 Lunch - RR 1 Ukulele Class 2:30 Tai Chi	January 30 10 & 12 Current Issues 11:30 Lunch - RR 12 Knit and Crochet 12:30 Poker 1:30 Bingo	January 31 9 & 10 Balance & Mobility 11:30 Lunch - RR 1 Knitting Emeritus 12:30 Art4Healing - RR	1 9:30 DMV Test Prep - RR 10 Yoga for PD 10:30 Chair Yoga - \$2 11:30 Lunch - RR 12:30 Poker 12:45 Spring Dance Workshop for PD 2 & 3 Individual Apple Help-RR	2 9 & 10 Balance & Mobility 9:30 Individual Apple Help-RR 10 TOPS Meeting 11:30 Lunch - RR 12:30 Cribbage 12:45 Movie Day 3 FSSC Wine Club - \$, RR
5 9 & 10 Balance & Mobility 9:30 Tremble Clef Practice & Performance 10 Legal Aid - RR 10:00 DMV Test Prep - RR 11:30 Lunch - RR 1 Ukulele Class 2:30 Tai Chi	6 10 & 12 Current Issues 10 Guided Autobiography Workshop - RR 11:30 Lunch - RR 12 Knit and Crochet 12:30 Poker 1:30 Bingo	7 9 & 10 Balance & Mobility 10 Create & Color - RR 11:30 Lunch - RR 1 Knitting Emeritus	8 9:30 DMV Test Prep - RR 10 Yoga for PD 10:30 Chair Yoga - \$2 11:30 Lunch - RR 12:30 Poker 12:45 Spring Dance Workshop for PD 2 & 3 Individual Apple Help - RR	9 9 & 10 Balance & Mobility 9:30 Individual Apple Help-RR 10 TOPS Meeting 10 Tech Drop-in Assistance 11:30 Lunch - RR 12:30 Cribbage 12:45 Movie Day
12 9 & 10 Balance & Mobility 9 HICAP - RR 9:30 Tremble Clef Practice 11:30 Lunch - Sunshine Performance Club - RR 1 Ukulele Class 2:30 Tai Chi	13 10 & 12 Current Issues 10 Guided Autobiography Workshop - RR 11:30 Lunch - RR 12 Voter Registration 12 Knit and Crochet 12:30 Poker 1:30 Bingo	14 9 & 10 Balance & Mobility 10 Memory Testing - RR 11:30 Valentine's Lunch Party - RR - Harmonaires performance 1 Knitting Emeritus	15 9:30 DMV Test Prep - RR 10 Yoga for PD 10:30 Chair Yoga - \$2 11:30 Lunch - RR 12:30 Poker 12:45 Spring Dance Workshop for PD 2 & 3 Individual Apple Help - RR	16 9 & 10 Balance & Mobility 9:30 Individual Apple Help - RR 10 TOPS Meeting 11:30 Lunch - RR 12:30 Cribbage 12:45 Movie Day

19	20	21	22	23
<p>Closed in Observance of President's Day</p>	<p>10 & 12 Current Issues 10 Guided Autobiography Workshop - RR 11:30 Lunch- Tony Rogers Performance - RR 12 Knit and Crochet 12:30 Poker 1:30 Bingo 1:30 Improve Your Hearing & Life Workshop - RR</p>	<p>9 & 10 Balance & Mobility 10 Zentangle - RR 11:30 Lunch - RR 1 Knitting Emeritus</p>	<p>8:30 Pantry Staples 9:30 DMV Test Prep - RR 10 Yoga for PD 10:30 Chair Yoga - \$2 11:30 Lunch - RR - Street Performers 12:30 Poker 12:30 "Caring for Yourself While Helping Others" workshop - RR 12:45 Spring Dance Workshop for PD 2 & 3 Individual Apple Help - RR</p>	<p>9 & 10 Balance & Mobility 9:30 Individual Apple Help - RR 10 TOPS Meeting 11:30 Lunch - RR - Birthday Celebration 12:30 Cribbage 12:45 Movie Day</p>
<p>26</p> <p>9 & 10 Balance & Mobility 9 HICAP - RR 9:30 Tremble Clef Practice 10:00 DMV Test Prep - RR 11:30 Lunch - RR 2:30 Tai Chi 1 Ukulele Class</p>	<p>27</p> <p>10 & 12 Current Issues 10 Guided Autobiography Workshop - RR 11:30 Lunch - RR 12 Knit and Crochet 12:30 Poker 1:30 Bingo</p>	<p>28</p> <p>9 & 10 Balance & Mobility 11:30 Lunch - RR 12:30 Art4Healing - RR 1 Knitting Emeritus</p>	<p>March 1</p> <p>9:30 DMV Test Prep - RR 10 Yoga for PD 10:30 Chair Yoga - \$2 11:30 Lunch - RR 12:30 Poker 12:45 Spring Dance Workshop for PD 2 & 3 Individual Apple Help - RR</p>	<p>March 2</p> <p>9 & 10 Balance & Mobility 9:30 Individual Apple Help - RR 10 TOPS Meeting 11:30 Lunch - RR 12:30 Cribbage 12:45 Movie Day 3 FSSC Wine Club \$</p>

Live in Laguna Woods Village and would like transportation to attend any of our activities or have lunch?

Transportation has added the Florence Sylvester Senior Center to their regular schedule. The bus stops at the center two times per hour from 9am-5pm, Monday-Friday!

More details? Call the transportation department main line or our reception at (949) 380-0155