

Age Well

FLORENCE SYLVESTER SENIOR CENTER

23721 Moulton Pkwy | Laguna Hills, CA

949.380.0155

March 2024 Highlights

- ♦ Caregiver Support Group
- ♦ Paint & Sip
- ♦ Bingo
- ♦ Apple Device Assistance
- ♦ TOPS Meetings
- ♦ Tremble Clef Choir Practice for Parkinson's Disease
- ♦ Zentangle Art Class
- ♦ Chair Yoga
- ♦ Tony Rogers Lunch Performance
- ♦ Create & Color Art Class
- ♦ Tai Chi Class



The poster features a green border with shamrock illustrations. At the top left, there are three large shamrocks. The text 'Age Well' is in a large, bold, black font, with 'FLORENCE SYLVESTER SENIOR CENTER' in a smaller, black font to its right. Below this, 'SHAMROCK SOIREE' is written in a large, bold, green font with a black outline. Underneath, 'LUNCH' is written in a large, bold, green font with a black outline. The main text reads: 'JOIN US AND OUR FRIENDS AT MEMORIALCARE FOR A SPECIAL LUNCH CELEBRATION. FEATURING LIVE MUSIC, GAMES, PRIZES AND SPECIAL LUCKY TREATS. WE ENCOURAGE YOU TO DRESS IN GREEN, GOLD OR ANYTHING THAT EMBODIES THE IRISH SPIRIT.' To the right of this text is a large shamrock illustration. Below the text, there are four icons: a calendar, a clock, a phone, and a location pin. Next to each icon is the corresponding information: '15 March, 2024', '12:00 PM', '949-380-0155', and 'Florence Sylvester Senior Center'. At the bottom, the address '23721 Moulton Pkwy, Laguna Hills' is listed. In the bottom right corner, there is a logo for 'MemorialCare Medical Group'.

Age Well FLORENCE SYLVESTER
SENIOR CENTER

SHAMROCK SOIREE

LUNCH

JOIN US AND OUR FRIENDS AT
MEMORIALCARE FOR A SPECIAL LUNCH
CELEBRATION. FEATURING LIVE MUSIC,
GAMES, PRIZES AND SPECIAL LUCKY
TREATS. WE ENCOURAGE YOU TO DRESS IN
GREEN, GOLD OR ANYTHING THAT
EMBODIES THE IRISH SPIRIT.

 **15 March, 2024**

 **12:00 PM**

 **949-380-0155**

 **Florence Sylvester Senior Center**

23721 Moulton Pkwy, Laguna Hills



As the flowers bloom and we welcome the rejuvenating spirit of spring, Age Well's Florence Sylvester Senior Center is thrilled to bring you a bouquet of uplifting updates and new initiatives designed to enrich the lives of our community.

Senior Cuisine Delivered: One-of-a-kind meal plan service that offers a perfect blend of variety, affordability, and convenience. We have collaborated with local restaurants to provide delicious meals at a low weekly subscription rate, which includes doorstep delivery. Whether you want to explore new restaurants or maintain a healthy diet, we've got you covered.

Friendly Visitors Program: This heartwarming initiative coordinates volunteers visiting seniors - offering companionship and brightening their days with engaging conversations.

Hand in Hand Program: Continuing our commitment to help seniors remain independent for as long as possible, this program allows volunteers to assist with a variety of tasks, making daily life easier and more enjoyable for our senior members.

Exciting new additions to our activities calendar include a weekly **Caregiver Support Group**, a **Paint & Sip workshop** with our friends at Optum, and a **one-on-one Medication Review** session with Bill Liu, PharmD Board Certified Geriatric Pharmacist. See page 2 for more information about these and other exciting programs we offer to our community.

These programs are a testament to our ongoing commitment to enhancing the well-being and happiness of our senior community. We hope you join us in embracing this beautiful season of change and growth.

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.

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

- **Caregiver Support Group**

Recognizing the selfless dedication of caregivers, we are introducing a support group as a space for sharing experiences, tips, and gaining emotional support.

When: Begins Wednesday, 3/13, 12:30pm, Weekly, Reservation Required

- **Shamrock Soiree Lunch**

Join us and our friends from MemorialCare for a special lunch celebration. Featuring live music, games with fantastic prizes and SPECIAL lucky treats. Let's celebrate together! Please RSVP no later than Monday, 3/13 at 12pm.

When: Friday, 3/15, 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**

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

- **Paint & Sip Workshop**

Get ready to unleash creativity with this workshop brought to you by our friends at Optum, Marvel Health and Anthem! It's a perfect blend of relaxation, artistic expression, and social interaction over a delightful sip of your favorite non-alcoholic beverage.

When: Wednesday, 3/27, 10am

Starter

**7 HOUR
Package**

Best Value

**12 HOUR
Package**

Complete

**24 HOUR
Package**

With **Pop-in Care**, you can get Home Care now
and pay over time in bite-sized installments.

Short Care
Shifts

No Long-Term
Contracts

We Accept
Insurances

No Hourly
Minimums

Caregivers Fully Screened
& Background Checked

**Call (949) 669-1055 to select the package
that suits your budget!**

Long-Term Care Insurance Benefit Review, at **no charge.**

During your **FREE Benefit Review** we will:

- Help you understand your policy
- Review & maximize your benefits
- Minimize your out-of-pocket expense for in-home care services
- **Be your On-Demand Care Liaison**



parentis
health



(833) 247-9111 ext. 554

We're local & here for you!
24012 Calle de la Plata, Ste. 400
Laguna Hills CA 92653

LTC Family Educator
Mayra Amaya

Become a Volunteer: Friendly Visitors

Age Well
Orange County's partner in aging

What does a Friendly Visitor Do?

As a Friendly Visitor, you provide positive social contact to your matched senior each week. You'll enjoy engaging in fun and purposeful activities, such as playing cards, having coffee, playing board games, or going through photos. For more mobile seniors, it may involve going for a walk together.

You stay in touch with your senior friend through phone calls, bringing them joy, especially when they are not up to an in-person visit. Whatever you two do during Friendly Visits, you plan together.

Additionally, you provide a wellbeing check during your visits, ensuring your senior is doing well. You keep our Program Coordinator and family members updated on any changes the senior may display regarding health and wellbeing.

Why Become a Friendly Visitor?

- Bring personal joy to a senior and make a new friend.
- Feel needed and purposeful.
- You miss having an older person in your life.
- Enjoy the flexibility to decide your schedule.
- Chance to participate in a meaningful volunteer experience that fits into your work/life schedule.

Who Qualifies

Our Friendly Visitors Program connects eligible seniors with carefully screened volunteers who want to make a difference in the lives of seniors.

Who Can Volunteer?

- Must be 18 or Older.
- Willing and able to commit weekly to visit with the senior.
- Friendly, Dependable, and compassionate.
- Committed to making a positive difference in someone's life.
- A person of solid morals & ethics.

How are Volunteers Screened?

- Complete an application.
- Complete and pass background checks.
- Complete a one-on-one interview/orientation with a Friendly Visitor Program Coordinator.

How to Apply



949-616-2357



volunteer@myagewell.org



myagewell.org/volunteer/friendly-visitors/



Scan QR code with mobile camera to view website.

Caregiver Support Group

Are you caring for a loved one and feeling overwhelmed? You're not alone. Our caregiver support group is here to offer you a safe space to share your experiences, challenges and victories.

Why Attend?

- **Share and Learn** - Exchange tips and strategies with others who truly understand your journey
- **Emotional Support** - Find comfort and understanding in a group that empathizes with your daily struggles and joys
- **Expert Guidance** - Led by Regina Jennings, LCSWR
- **Recharge** - Take a moment for yourself in a supportive environment that acknowledges your hard work and dedication

WHEN: Wednesdays, beginning March 13th, 12:30pm

WHERE: Florence Sylvester Senior Center

Limited Seats - Reservation Required ● Refreshments Provided



Age Well | FLORENCE SYLVESTER
SENIOR CENTER

MOVIE DAYS

Fridays at 12:45pm

1/26 LIFE ON OUR PLANET
2/2 BIG GEORGE FOREMAN
2/9 MY BIG FAT GREEK WEDDING 2
2/16 HORIZON
2/23 LIKE FATHER
3/1 I SEE YOU IN MY DREAMS
3/8 THE LAST LAUGH
3/15 QUARTET
3/22 MAESTRO
3/29 THE PAIN HUSTLERS
4/5 THE FOUR SEASONS
4/12 THE KING'S SPEECH
4/19 SAVING MR. BANKS
4/26 THE HUNDRED FOOT JOURNEY



23721 MOULTON PKWY., LAGUNA HILLS

949-380-0155



Age Well

FLORENCE SYLVESTER
SENIOR CENTER

LET'S PLAY BINGO!

BINGO IS MOVING TO TUESDAYS!

**WELCOME PLAYERS CLUB OF
LAGUNA WOODS!**

JOIN US EVERY TUESDAY
1:00PM PAPERS GO ON SALE
1:30PM GAMES BEGIN!

GAMES AND GOOD COMPANY! JOIN US EVERY
TUESDAY FOR BINGO! COFFEE BAR PROVIDED
AND YOU ARE WELCOME TO BRING YOUR OWN
TREATS.



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

Have you been curious about

A Memorial at Sea?

We've made it simple.

We help you plan & understand the details of the memorial so you know exactly what to expect.

We have clear plans for you to choose from.

We will help you complete the paperwork involved with the laws around scattering ashes at sea.

Yes, you can pre-plan a Memorial at Sea.

Call today for a FREE Guide (949) 382-7782.



23101 Lake Center Drive, Suite 150
Lake Forest, CA 92630 | FD 2241

(949) 382-7782 | PacificCremationServices.com

Simple. Personal. Memorable.

Are you turning 65 and have questions about Medicare?

Looking for a new primary care doctor?

SCKE Health welcomes new patients!

SCKE Health is a multi-specialty group that provides Family and Internal Medicine, Endocrinology (diabetes, thyroid, hormones), Nephrology (kidney, dialysis, hypertension), and Lipidology (high cholesterol) services.

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.
Board Certified: Family Medicine



Lynn Napoli, M.D.
Family Medicine



Jelmy Ramirez-Figueroa
License #0G27200

theinsurancegoddessinc.com

→ No cost to you. Knowledgeable about Medicare and the many plan options available in your area.

→ Find a plan that best fits your needs, so you can get the most value out of your healthcare coverage.

Call Jelmy today! (909) 547-7847



The Insurance Goddess, Inc.



SCKE Health

RegalMed.com | ADOC.us



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



Optum – Laguna Moulton grand opening

Primary care and physical therapy in Laguna Woods



Optum – Laguna Moulton Primary Care officially opened its doors on August 16, 2023. We're excited to provide primary care and on-site physical therapy to the Laguna Woods community.

At the grand opening on August 9, patients met the clinic care team, including Dr. Bland, Dr. Tran and Quan (Kenny) Nguyen, PA-C. They were then escorted to Florence Sylvester Senior Center for a health fair that included blood pressure screenings and stretching activities.



Meet the newest doctor in your neighborhood

Now accepting new patients in Laguna Hills

Our clinic is near you:

23595 Moulton Pkwy., Ste. C, D and E
Laguna Hills, CA 92653

1-855-770-0722, TTY 711

We accept most Medicare and Medicare Advantage plans

The company does not discriminate on the basis of race, color, national origin, sex, age, or disability in health programs and activities. We provide free services to help you communicate with us such as letters in other languages or large print. Or, you can ask for an interpreter. To ask for help, please call 1-800-403-4040, TTY 711. **ATENCION:** Si habla español, llame al 1-800-403-4040, TTY 711. **Atendimento:** Se você precisa de assistência de idioma, sem custo, é necessário: Ligue para 1-800-403-4040, TTY 711. **Atendimento:** Se você precisa de assistência de idioma, sem custo, é necessário: Ligue para 1-800-403-4040, TTY 711. Optum is a registered trademark of Optum, Inc. in the U.S. and other jurisdictions. All other brands or product names are the property of their respective owners. Because we are continuously improving our products and services, Optum reserves the right to change specifications without prior notice. Optum is an equal opportunity employer. © 2023 Optum, Inc. All rights reserved. 23084 03/23



Howard Bland, MD
Family medicine

Helping FAMILIES

Kindness,
compassion
& guidance.

We are here for you
and your family.

877.872.2736

O Connor
MORTUARY
Experience Compassion



Orange County Tremble Clefs

Therapeutic Singing for People with Parkinson's and their Care Partners

At the Florence Sylvester Memorial Senior Center, Mondays at 9:30 a.m.

Our program is FREE

Do you want to join us via Zoom on Tuesdays/Wednesdays/Thursdays?

In English? Spanish? Korean?

Contact us at info@octrembleclefs.org



2024
SENIOR
INSURANCE
PLANS
ARE
HERE!



Certified Insurance Agent & Broker since 2000

***Call
Today!***

CECILIA STELLA
(951) 347-9824

CA Insurance License #0D43235

PROFESSIONAL, NO COST ASSISTANCE WITH:

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

**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.

Age Well | FLORENCE SYLVESTER SENIOR CENTER

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



Tony Odell Rogers LIVE Performace!

Tuesday, March 26th
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



MEDICATION REVIEW

INDIVIDUAL CONSULTATION WITH GERIATRIC
PHARMACIST, BILL LIU, TO ANSWER
QUESTIONS AND REVIEW YOUR
MEDICATIONS. BRING ALL MEDICATIONS YOU
CURRENTLY TAKE TO THE APPOINTMENT,
INCLUDING OVER THE COUNTER DRUGS,
VITAMINS AND SUPPLEMENTS.

WEDNESDAY, MARCH 13
APPOINTMENT REQUIRED
CALL (949) 380-0155



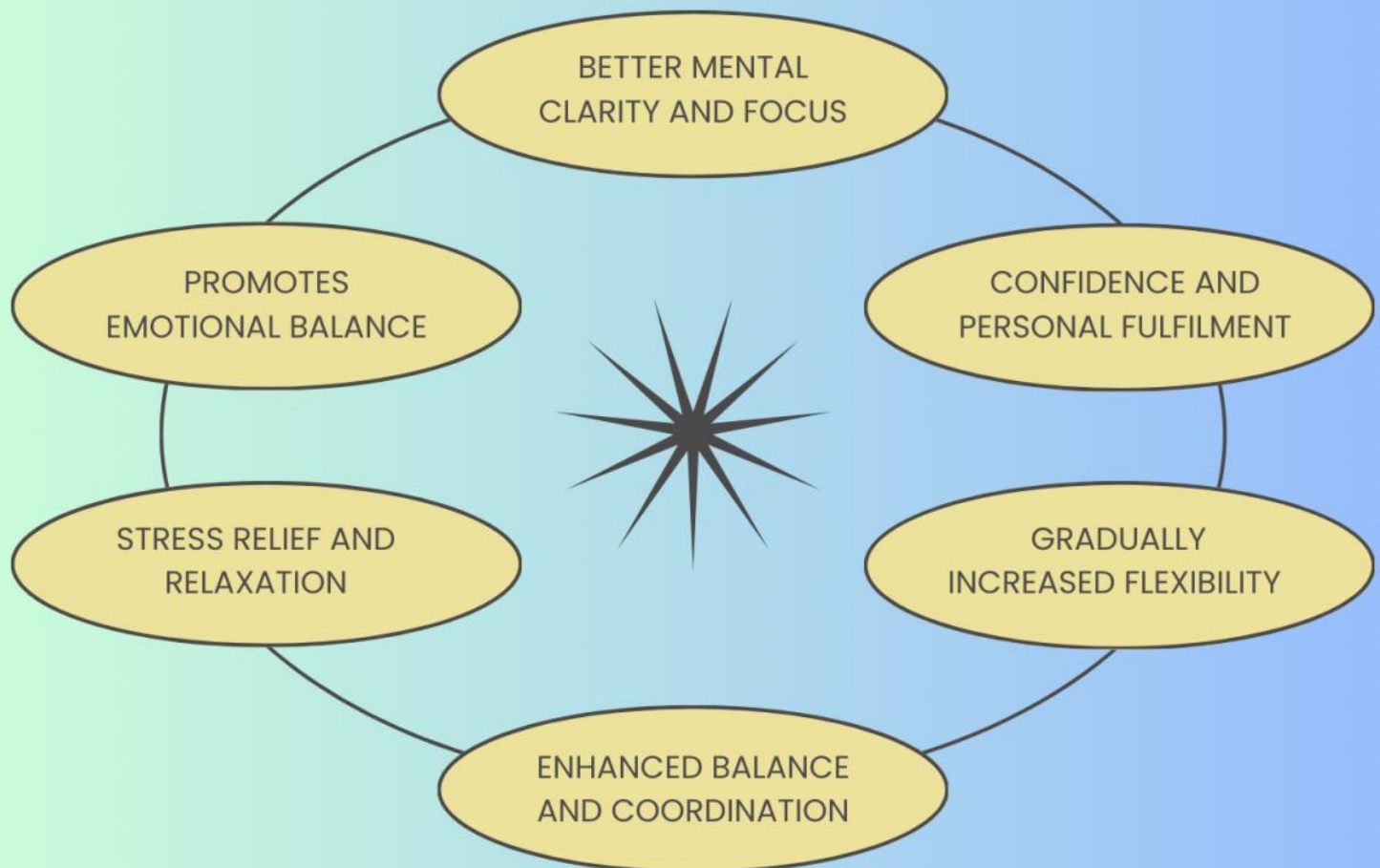
Age Well | FLORENCE SYLVESTER
SENIOR CENTER

23721 MOULTON PKWY., LAGUNA HILLS

benefits of chair *yoga*

Thursdays, 10:30am, \$2

no experience necessary



23721 Moulton Pkwy, Laguna Hills



949-380-0155

please join us

Paint & Sip Event

PLEASE CALL AND RESERVE YOUR SEAT TODAY
949-380-0155

WEDNESDAY MAR. 20, 2024 10:00-11:00AM
23721 MOULTON PKWY LAGUNA HILLS, CA 92653



LIGHT REFRESHMENTS WILL BE SERVED ALONG
WITH NON-ALCOHOLIC BEVERAGES

EVENT SPONSORED BY:

Age Well | FLORENCE SYLVESTER
SENIOR CENTER

Optum



For nearly four decades, we've offered a great choice of primary care physicians right in your neighborhood.

Greater Newport Physicians MemorialCare (GNPM) 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, GNPM 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, M.D.
Lake Forest
23672 Birtcher Drive
Suite A
Lake Forest, CA 92630
(949) 770-7301



Jeffrey Globus, M.D.
Mission Viejo
26902 Oso Parkway
Suite 140
Mission Viejo, CA 92691
(949) 916-8870



Behnaz Haghighi-Motlagh, M.D.
Laguna Niguel
27781 La Paz Road
Laguna Niguel, CA 92677
(949) 831-0300



Sorja Krafcik, M.D.
Laguna Niguel
25500 Rancho Niguel Road
Suite 150
Laguna Niguel, CA 92677
(949) 831-3686



Henry Leung, D.O.
Laguna Hills
24953 Paseo de Valencia
Building B, Suite 13B
Laguna Hills, CA 92653
(949) 425-0321



Jonathan Lish, M.D.
Laguna Hills
23151 Verdugo Drive
Suite 107
Laguna Hills, CA 92653
(619) 363-5347



Katherine Manasson, M.D.
Laguna Hills
24422 Avenida de la Carlota, Suite 272
Laguna Hills, CA 92653
(949) 348-1085



Marish Marolia, M.D.
Aliso Viejo
2 Journey, Suite 201
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

Age Well

FLORENCE SYLVESTER
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





Alignment Health Plan®

A NEW ERA OF AGING

JOIN US FOR BINGO

Alignment Health Plan
Is at your service, 24/7



REAP THE BENEFITS OF OUR MEDICARE ADVANTAGE PLANS:

- ✓ **Premiums as Low as \$0**
Stay on budget with low premiums, deductibles and copays for primary or specialist doctor visits, labs and inpatient hospital visits.
- ✓ **Part D Prescription Drug Coverage**
Save on 30,000+ prescription drugs, with \$0 copay on 10,000+ medications—plus a Bonus Drug List, not typically covered under Part D plans.
- ✓ **Free Gym Membership**
Stay fit with a membership to a fitness club near you.
- ✓ **\$0 Transportation**
Get around more easily with rides to doctor appointments or the pharmacy (Benefits vary by plan).

LET'S GET TOGETHER

Every other Thursday 11AM-12PM from 2/29
2/29, 3/14, 3/28, 4/11, 4/25, 5/09, 5/23

Alignment Health Plan Resource Center

24310 Moulton Pkwy, Suite C-2

Laguna Woods, CA 92637

Bring a friend. Refreshments provided

LET'S MAKE PLANS

Binh Nguyen - Community Outreach Rep

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).

Y0141_23497EN_M

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

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



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. . RSVP in person at the center 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					
CHILI TURKEY Rainbow Salad Corn Bread Seasonal Fruit Milk 4	CHIPOTLE CHICKEN SANDWICH Split Pea Soup Pound Cake Orange Juice & Milk 5	MEXICAN BEEF LASAGNA Mexican Coleslaw Orange Juice Apple Sauce Milk 6	LEMON CAPER CHICKEN Garden Salad Rice Chocolate Chip Cookie Orange & Milk 7	TERRIYAKI CHICKEN Asian Salad Rice Seasonal Fruit Milk 1	
MEATBALLS W/ MARINARA Garden Salad Spaghetti Seasonal Fruit & Milk 11	TURKEY MEATBALLS RED CURRY Zucchini & Squash Rice Seasonal Fruit & Milk 12	TUNA & EGG Chef Salad Wheat Roll Brownie Orange Juice & Milk 13	MANGO CHUTNEY CHICKEN SANDWICH Tomato Basil Soup Apple Orange & Milk 14	CORN BEEF Irish Boiled Cabbage Wheat Roll Orange Oatmeal Raisin Cookie & Milk 15	
PULLED PORK SLIDER Coleslaw Orange Chocolate Chip Cookie Milk 18	BEEF W/ BLACK BEAN TACOS Mexican Coleslaw Tortillas (2) Seasonal Fruit & Milk 19	SALMON W/ PANANG CURRY SAUCE Sauté Carrots & Peas Rice Seasonal Fruit & Milk 20	ROASTED CHICKEN SCHWARMA Mediterranean Salad Pita Bread & Orange Oatmeal Cookie & Milk 21	CHICKEN TARRAGON SANDWICH Roasted Carrot Soup Apple Sauce Orange Juice & Milk 22	
VIETNAMESE MINCED PORK Asian Slaw Rice Seasonal Fruit & Milk 25	CHICKEN RED PEPPER SANDWICH Cream of Broccoli Soup Pound Cake Orange & Milk 26	CHEESEBURGER Sesame Bun Roasted Potato Hash Apple Orange & Milk 27	DEVIL EGG SANDWICH Split Pea Soup Chocolate Chip Cookie Orange Juice Milk 28	CHICKEN CACCIATORE W/ BLACK OLIVES Garden Salad Wheat Roll Pineapple Parfait & Milk 29	

Monday	Tuesday	Wednesday	Thursday	Friday
February 26	February 27	February 28	February 29	1
<p>9 & 10 Balance & Mobility</p> <p>9 HICAP - RR</p> <p>9:30 Tremble Clef Practice</p> <p>10:00 DMV Test Prep - RR</p> <p>11:30 Lunch - RR</p> <p>1 Ukulele Class</p> <p>2:30 Tai Chi</p>	<p>10 & 12:15 Current Issues</p> <p>10 Guided Autobiography Workshop - RR</p> <p>11:30 Lunch - RR</p> <p>12 Knit and Crochet</p> <p>12:30 Poker</p> <p>1:30 Bingo</p>	<p>9 & 10 Balance & Mobility</p> <p>11:30 Lunch - RR</p> <p>12:30 Art4Healing - RR</p> <p>1 Knitting Emeritus</p>	<p>9:30 DMV Test Prep - RR</p> <p>10 Yoga for PD</p> <p>10:30 Chair Yoga - \$2</p> <p>11:30 Lunch - RR</p> <p>12:30 Poker</p> <p>12:45 Spring Dance Workshop for PD</p> <p>2 & 3 Individual Apple Help - RR</p>	<p>9 & 10 Balance & Mobility</p> <p>9:30 Individual Apple Help - RR</p> <p>10 TOPS Meeting</p> <p>11:30 Lunch - RR</p> <p>12:30 Cribbage</p> <p>12:45 Movie Day</p> <p>3 FSSC Wine Club - \$, RR</p>
4	5	6	7	8
<p>9 & 10 Balance & Mobility</p> <p>9:30 Tremble Clef Practice & Performance</p> <p>10 Legal Aid - RR</p> <p>10:00 DMV Test Prep - RR</p> <p>11:30 Lunch - RR</p> <p>2:30 Tai Chi</p>	<p>10 & 12:15 Current Issues</p> <p>10 Guided Autobiography Workshop - RR</p> <p>11:30 Lunch - RR</p> <p>12 Knit and Crochet</p> <p>12:30 Poker</p> <p>1:30 Bingo</p>	<p>9 & 10 Balance & Mobility</p> <p>10 Create & Color - RR</p> <p>11:30 Lunch - RR</p> <p>1 Knitting Emeritus</p>	<p>9:30 DMV Test Prep - RR</p> <p>10 Yoga for PD</p> <p>10:30 Chair Yoga - \$2</p> <p>11:30 Lunch - RR</p> <p>12:30 Poker</p> <p>12:45 Spring Dance Workshop for PD</p> <p>2 & 3 Individual Apple Help - RR</p>	<p>9 & 10 Balance & Mobility</p> <p>9:30 Individual Apple Help - RR</p> <p>10 TOPS Meeting</p> <p>10 Tech Drop-in Assistance</p> <p>11:30 Lunch - RR</p> <p>12:30 Cribbage</p> <p>12:45 Movie Day</p>
11	12	13	14	15
<p>9 & 10 Balance & Mobility</p> <p>9 HICAP - RR</p> <p>9:30 Tremble Clef Practice</p> <p>10:00 DMV Test Prep - RR</p> <p>11:30 Lunch - Sunshine Performance Club - RR</p> <p>1 Ukulele Class</p> <p>2:30 Tai Chi</p>	<p>10 & 12:15 Current Issues</p> <p>10 Guided Autobiography Workshop - RR</p> <p>11:30 Lunch - RR</p> <p>12 Knit and Crochet</p> <p>12:30 Poker</p> <p>1:30 Bingo</p>	<p>9 & 10 Balance & Mobility</p> <p>10 Memory Testing - RR</p> <p>10 Medication Review - RR</p> <p>11:30 Lunch - RR</p> <p>12:30 Caregiver Support Group - RR</p> <p>1 Knitting Emeritus</p>	<p>9:30 DMV Test Prep - RR</p> <p>10 Yoga for PD</p> <p>10:30 Chair Yoga - \$2</p> <p>11:30 Lunch - RR</p> <p>12:30 Poker</p> <p>12:45 Spring Dance Workshop for PD</p> <p>2 & 3 Individual Apple Help - RR</p>	<p>9 & 10 Balance & Mobility</p> <p>9:30 Individual Apple Help - RR</p> <p>10 TOPS Meeting</p> <p>11:30 Lunch - RR - Shamrock Soiree</p> <p>12:30 Cribbage</p> <p>12:45 Movie Day</p>

18	19	20	21	22
9 HICAP - RR 9:30 Tremble Clef Practice 10:00 DMV Test Prep - RR 11:30 Lunch - RR 1 Ukulele Class 2:30 Tai Chi	10 Guided Autobiography Workshop - RR 11:30 Lunch - RR 12 Knit and Crochet 12:30 Poker 1:30 Bingo	10 Zentangle - RR 10 Paint & Sip - RR 11:30 Lunch - RR	8:30 Pantry Staples 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	9:30 Individual Apple Help - RR 10 TOPS Meeting 11:30 Lunch - RR 12:30 Cribbage 12:45 Movie Day
25	26	27	28	29
9 & 10 Balance & Mobility 9 HICAP - RR 9:30 Tremble Clef Practice 10:00 DMV Test Prep - RR 11:30 Lunch - RR 1 Ukulele Class 2:30 Tai Chi	10 & 12:15 Current Issues 11:30 Lunch - Tony Rogers Performance - RR 12 Knit and Crochet 12:30 Poker 1:30 Bingo 1 Brain Awareness Talk 2 Aural Rehabilitation Class	9 & 10 Balance & Mobility 11:30 Lunch - RR - Harmonaires Performance 12:30 Art4Healing - RR 1 Knitting Emeritus	9:30 DMV Test Prep - RR 10 Yoga for PD 10:30 Chair Yoga - \$2 11:30 Lunch - RR - Street Performers 12:30 Poker 12:45 Spring Dance Workshop for PD 2 & 3 Individual Apple Help - RR	9:30 Individual Apple Help - RR 10 TOPS Meeting 11:30 Lunch - RR - Birthday Celebration 12:30 Cribbage 12:45 Movie Day

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

LWV 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 LWV transportation department main line or our reception at (949) 380-0155