

May 2024 Highlights

- ◆ Mindfulness Workshop
- ◆ Sound Bath Experience
- ◆ Guided Autobiography Workshop
- ◆ Preparing to Renew Your Driver's License Class
- ◆ Bingo
- ◆ Apple Device Assistance
- ◆ TOPS Meetings
- ◆ Android Device Assistance
- ◆ Chair Yoga
- ◆ Tony Rogers Lunch Performance
- ◆ Zentangle Art Class



Dear Friend of Age Well's Florence Sylvester Senior Center,

As the freshness of spring breathes new life into our surroundings, we're thrilled to bring you an array of exciting health and wellness activities designed to rejuvenate and inspire. This season, we are introducing innovative activities including a soothing **Sound Bath Experience** and a **Mindfulness Workshop** to help you find peace and balance.

Additionally, we are delighted to remind our community that we serve **fresh and bright lunches** Monday through Friday, 11:30 a.m. to 12:30 p.m. It's the perfect opportunity to enjoy delicious, healthy meals with friends in our vibrant community setting. If you would like to meet new friends, our lunch manager Lyn will be happy to introduce you to like-minded guests.

We're also pleased to re-introduce **assistance for Android devices**, ensuring everyone can stay connected and enjoy the benefits of our digital resources with ease.

In celebration of Mother's Day, we're excited to host a special **Mother's Day Tea** in collaboration with our friends at Optum and Presley General Insurance Agency's Yasmin Roberts. It's a wonderful opportunity to honor the incredible mothers in our community with elegance and appreciation. We will also have a surprise guest presenting the prize for the most fabulous hat.

Stay tuned for more details, and thank you for being a vibrant part of our community. Here's to a healthy, joyful spring! Aimée Roberts, Director

- **Sound Bath Experience**

Join us and our friends at Optum for a meditative experience where participants are immersed in sound waves produced by various instruments like gongs, Tibetan singing bowls, and drums. The vibrations can help down regulate the body's stress response, potentially lowering cortisol levels - the experience is VERY relaxing. Bring a yoga mat or blanket if you prefer to lay down. We will also set up chairs if you prefer to relax while sitting. Spots are limited - reserve your place by calling (949) 380-0155.

When: Thursday, May 16, 1 p.m., Reservation Required

- **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 1:00 p.m., Games begin at 1:30 p.m.

- **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: Wednesdays, 12:30 p.m., Weekly, Reservation Required

- **Mindfulness Workshop**

Join Saddleback Medical Center's Roneet Cooper, MSW, for an educational discussion regarding emotional and mental well-being, breathing exercises, and what resources may be available through social work support and the local community.

When: Monday, 5/6, 10:30 a.m., Reservation Recommended

- **Android Device Assistance**

Bring your device and Ken Samantha will teach you how to use it more effectively and answer your questions. This is an individual 30 minute appointment. Reservation Required.

When: Wednesdays, 2-4 p.m. & Fridays, 9:30-11:30 a.m., 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, 10:30 a.m.

- **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 Monday of the month, 10 a.m.-2 p.m., Reservations Required

- **Irvine Valley College Emeritus Enrollment Assistance**

Make an individual appointment and receive assistance signing up for IVC's Summer Emeritus courses. All IVC Emeritus courses are available for assistance. Wire Wrapping will be held at Florence Sylvester Senior Center.

When: Tuesday, 5/7, 9 a.m.-12:30 p.m., Reservation Recommended

Are you turning 65 and have questions about Medicare?

Looking for a new primary care doctor?

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

Meet our SCKE doctors

Raymond Chang, M.D.

Endocrinology, Diabetes & Metabolism, Nephrology

Marlene Yacoob, M.D.

Board Certified: Family Medicine

Lynn Napoli, M.D.

Family Medicine

Monica Harms, M.D.

Family Practice, Sports Nutritionist, Certified Personal Trainer

Stephen Ierardi, M.D.

Family Medicine



Call us to schedule an office visit!

Laguna Hills

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

Irvine

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

Hours of operation

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

Turning 65 means you can now sign up for Medicare!

Have questions about Medicare?

As a licensed agent, I represent many major insurance companies.

- My services are at no cost to you. I am knowledgeable about Medicare and the many plan options available in your area.
- I can help you find a plan that best fits your needs, so that you can get the most value out of your healthcare coverage.



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MOVIE DAYS

Fridays at 12:45pm

5/3 NYAD

5/10 AMERICAN GRAFFITI

5/17 LIVING

5/24 LOVE AGAIN

5/31 AMERICAN SYMPHONY

6/7 ELVIS

6/14 TOOTSIE

6/21 FALLING IN LOVE

6/28 HACKSAW RIDGE

7/5 THE DEEPEST BREATH

7/12 BOYNTON BEACH CLUB

7/19 THE THEORY OF EVERYTHING

7/26 WAKING NED DEVINE

8/2 GOING IN STYLE



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LTC Family Educator
Mayra Amaya

Age Well

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SOUND BATH

with

Brandon Thompson



What is a sound bath? A sound bath is a meditative experience where participants are immersed in sound waves produced by various instruments like gongs, Tibetan singing bowls, and drums. The vibrations can help down regulate the body's stress response, potentially lowering cortisol levels - the experience is VERY relaxing. Bring a yoga mat or blanket if you prefer to lay down. We will also set up chairs if you prefer to relax while sitting. Spots are limited - reserve your place by calling (949) 380-0155.



1pm Thursday, May 16 2024



23721 Moulton Pkwy., Laguna Hills



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YOU'RE INVITED TO A

Mother's Day
Tea Party

FRIDAY | **May 10** | 2:00 PM

FLORENCE SYLVESTER BALLROOM

.....
\$15 Ticket | Purchase at Reception

Call to RSVP 949-380-0155

Special thanks
to PGIA agent,
Yasmin Roberts.

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Optum

GUIDED AUTOBIOGRAPHY 7-WEEK WORKSHOP



**START
AT
10:00 AM**

**TUESDAY
MAY 7
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

Mindfulness Seminar



Join us for an educational discussion regarding emotional and mental wellbeing, breathing exercises, and what resources may be available through social work support and the local community.

Seminar led by MemorialCare Saddleback Medical Center's community outreach social worker, Roneet Cooper, MSW.

When: Monday, May 6th at 10:30am

Where: Florence Sylvester Memorial Senior Center

Reserve Your Seat at: (949) 380-0155



For more information, please contact senior advocate Jessica Sanders at [\(949\) 452-3791](tel:9494523791) or jsanders2@memorialcare.org



Age Well

FLORENCE SYLVESTER
SENIOR CENTER

LET'S PLAY BINGO!

EVERY TUESDAY!

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



Technology Help Lab for Seniors



1, 2, OR 3? Please choose any or ALL of the three options for tech help that we offer! Call us today at Florence Sylvester Senior Center.

Drop In Tech Help

When? The second Friday of every month, from 10:00 a.m. to 11:00 a.m.

Who? Sponsored by MemorialCare Medical Group with Jose Juarez

What? All devices welcome!



iPhone/iPad Clinic

When? Thursday's 2-4 p.m., Fridays 9:30-11:30 a.m. by reservation

Who? Don Truhill

What? APPLE PRODUCTS ONLY!! iPad/iPhone/MacBook/Apple Watch

Smartphone & Laptop Assistance

When? Wednesdays at 10 a.m. - must make reservation

Who? Ken Samantha of Humana

What? Android Phones, PC Laptops and Microsoft Applications

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**Make a reservation for lunch
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Tony Odell Rogers LIVE Performance!

Tuesday, May 21st
11:30am-12:30pm



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(949) 380-0155

Optum

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.

Optum

Meet the newest doctor in your neighborhood

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Florence Sylvester Senior Center

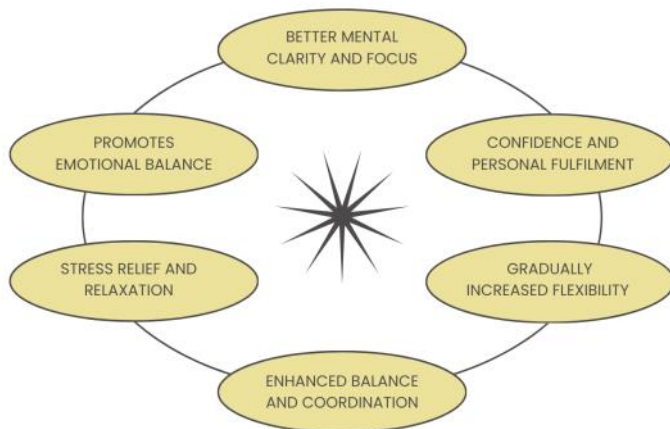
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Contact Age Well :
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[myagewell.org](https://www.myagewell.org)



benefits of chair *yoga*

Thursdays, 10:30am, \$2
no experience necessary



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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, 12:30pm

WHERE: Florence Sylvester Senior Center

Limited Seats - Reservation Required • Refreshments Provided



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IVC Emeritus Enrollment Day

May 7, 2024 • 9AM – 12 PM

Assistance signing up for all summer classes. Free classes, but you must be enrolled to attend classes. Florence Sylvester Senior Center hosts with our partners at Irvine Valley College. Reserve your appointment by calling!



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Mohammed Ali, M.D.
Lake Forest
23672 Bircher 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
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Laguna Niguel, CA 92677
(949) 831-0300



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



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



Jonathan Lish, M.D.
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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

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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

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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

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Binh Nguyen - Community Outreach Rep

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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, MAY 22
APPOINTMENT REQUIRED
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Age Well | FLORENCE SYLVESTER
SENIOR CENTER

23721 MOULTON PKWY., LAGUNA HILLS

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 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</p>	<p>VIETNAMESE MINCED PORK Asian Slaw Rice Seasonal Fruit Milk 6</p>	<p>CHICKEN TARRAGON SANDWICH Roasted Carrot Soup Apple Sauce Orange Juice Milk 1</p>	<p>ROASTED CHICKEN SHAWARMA Mediterranean Salad Pita Bread & Orange Oatmeal Cookie Milk 2</p>	<p>BEEF W/ BLACK BEAN TACOS Mexican Coleslaw Tortilla Seasonal Fruit Milk 3</p>
<p>TURKEY & EGG CHEF SALAD Wheat Roll Seasonal Fruit Milk 13</p>	<p>CHICKEN RED PEPPER SANDWICH Cream of Broccoli Soup Pound Cake Orange Milk 7</p>	<p>CHEESEBURGER Sesame Bun Roasted Potato Hash Apple Orange Milk 8</p>	<p>DEVIL EGG SANDWICH Split Pea Soup Chocolate Chip Cookie Orange Juice Milk 9</p>	<p>CHICKEN WALDORF CROISSANT Green Bean & Radish Salad Apple Brown Betty Milk 10</p>
<p>MIDDLE EASTERN MINCED BEEF Mediterranean Salad Pita Bread Seasonal Fruit Milk 20</p>	<p>CHICKEN MARSALA Rainbow Salad Rice Orange Apple Milk 14</p>	<p>MEDITERRANIAN COD Garden Salad Rice Orange Chocolate Chip Cookie Milk 15</p>	<p>BBQ CHICKEN SLIDER Cream of Broccoli Soup Orange Juice Brownie Milk 16</p>	<p>MEATBALL STROGANOFF Sauté Carrots & Peas Pasta Seasonal Fruit Milk 17</p>
<p>CLOSED Memorial Day Observance  MEMORIAL DAY 27</p>	<p>SESAME CHICKEN Broccoli & Carrots Rice Orange Juice Oatmeal Raisin Cookie Milk 21</p>	<p>TUNA SALAD SANDWICH Roasted Carrot Soup Orange Apple Sauce Milk 22</p>	<p>PORK CARNITAS Roasted Vegetable Salad Orange Tortillas (2) Pound Cake Milk 23</p>	<p>MEATLOAF Mashed Potatoes Cowboy Caviar Seasonal Fruit Milk 24</p>
<p>MEMORIAL DAY Observance  MEMORIAL DAY 27</p>	<p>CHIPOTLE CHICKEN Split Pea Soup Pound Cake Wheat Bread Orange Juice Milk 28</p>	<p>MEXICAN BEEF LASAGNA Mexican Coleslaw Orange Juice Apple Sauce Milk 29</p>	<p>LEMON CAPER CHICKEN Garden Salad Rice Chocolate Chip Cookie Orange Milk 30</p>	<p>TUSCAN SALMON Sauté Carrots & Peas Pasta Seasonal Fruit Milk 31</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.

Monday	Tuesday	Wednesday	Thursday	Friday
April 29 9 & 10 Balance & Mobility 9:30 Tremble Clef Practice 10:00 DMV Test Prep - RR 11:30 Lunch - RR 1 Ukulele Class 2:30 Tai Chi	April 30 10 Current Issues 11:30 Lunch - RR 12 Knit and Crochet 12:30 Poker 1:30 Bingo	1 9 & 10 Balance & Mobility 10 Create & Color - RR 11:30 Lunch - RR 12:30 Caregiver Support Group - RR 1 Knitting Emeritus	2 9:30 DMV Test Prep - RR 10 Yoga for PD 10:30 Chair Yoga - \$2 11:30 Lunch - RR 12:30 Poker 2 & 3 Individual Apple Help - RR 3 FSSC Wine Club - \$, RR	3 9 & 10 Balance & Mobility 9:30 Individual Apple Help - RR 10 TOPS Meeting 11:30 Lunch - RR - Arnie DiCiccio on piano 12:30 Cribbage 12:45 Movie Day
6 9 & 10 Balance & Mobility 9:30 Tremble Clef Practice 10 Legal Aid - RR 10:00 DMV Test Prep - RR 10:30 Mindfulness Workshop - RR 11:30 Lunch - Sunshine Performance Club - RR 1 Ukulele Class 2:30 Tai Chi	7 9 Irvine Valley College Emeritus Enrollment Assistance - RR 10 Current Issues 10 Guided Autobiography workshop 1/7 11:30 Lunch - RR 12 Knit and Crochet 12:30 Poker 1:30 Bingo	8 9 & 10 Balance & Mobility 11:30 Lunch - RR 12:30 Caregiver Support Group - RR 1 Knitting Emeritus	9 9:30 DMV Test Prep - RR 10 Yoga for PD 10:30 Chair Yoga - \$2 11:30 Lunch - RR 12:30 Poker 2 & 3 Individual Apple Help - RR	10 9 & 10 Balance & Mobility 9:30 Individual Apple Help - RR 10 TOPS Meeting 10 Tech Drop-in Assistance 11:30 Lunch - RR - Arnie DiCiccio on piano 12:30 Cribbage 12:45 Movie Day 2 Mother's Day Tea - RR - \$
13 9 & 10 Balance & Mobility 9 HICAP - RR 9:30 Tremble Clef Practice 11:30 Lunch - RR 1 Ukulele Class 2:30 Tai Chi	14 10 Current Issues 10 Guided Autobiography workshop 2/7 11:30 Lunch - RR 12 Knit and Crochet 12:30 Poker 1:30 Bingo	15 9 & 10 Balance & Mobility 10 Zentangle - RR 11 Android Device Assistance - RR 11:30 Lunch - RR 12:30 Caregiver Support Group - RR 1 Knitting Emeritus	16 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 1 Sound Bath - RR 2 & 3 Individual Apple Help - RR	17 9 & 10 Balance & Mobility 9:30 Individual Apple Help - RR 10 TOPS Meeting 11:30 Lunch - RR - Arnie DiCiccio on piano 12:30 Cribbage 12:45 Movie Day

20	21	22	23	24
9 & 10 Balance & Mobility 9 HICAP - RR 9:30 Tremble Clef Practice & Performance 10:00 DMV Test Prep - RR 11:30 Lunch - RR 1 Ukulele Class 2:30 Tai Chi	10 Current Issues 10 Guided Autobiography workshop 3/7 11:30 Lunch - Tony Rogers Performance - RR 12 Knit and Crochet 12:30 Poker 1:30 Bingo 2 Aural Rehabilitation Class	10 Individual Medication Review with PharmD, Bill Liu - RR 11 Android Device Assistance - RR 11:30 Lunch - Harmonaires Performance 12:30 Caregiver Support Group - RR 1 Knitting Emeritus	9:30 DMV Test Prep - RR 10 Yoga for PD 10:30 Chair Yoga - \$2 11:30 Lunch - Street Performers - RR 12:30 Poker 2 & 3 Individual Apple Help - RR	9:30 Individual Apple Help - RR 10 TOPS Meeting 11:30 Lunch - RR - Arnie DiCiccio on piano 12:30 Cribbage 12:45 Movie Day
27	28	29	30	31
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 4/7 11:30 Lunch - RR 12 Knit and Crochet 12:30 Poker 1:30 Bingo	10 Technology 101 Workshop - RR 11:30 Lunch - RR 12:30 Caregiver Support Group - RR 12:30 Art4Healing - RR	9:30 DMV Test Prep - RR 10 Yoga for PD 10:30 Chair Yoga - \$2 11:30 Lunch - RR 12:30 Poker 2 & 3 Individual Apple Help - RR	9:30 Individual Apple Help - RR 10 TOPS Meeting 11:30 Lunch - RR - Birthday Celebration - Arnie DiCiccio on piano 12:30 Cribbage 12:45 Movie Day

SNEAK PEAK

The Florence Sylvester Senior Center and Village Real Estate are excited to announce that the **Summer Bingo Bash** is right around the corner – July 27th! Tickets are limited. Stop by reception and get yours today. Tickets are \$45 and include 12 games, catered dinner and 2 drink tickets. All games will **pay out \$100**. Stay tuned for more details!