

# Age Well

# FLORENCE SYLVESTER SENIOR CENTER

23721 Moulton Pkwy | Laguna Hills, CA

949.380.0155

[www.MyAgeWell.org](http://www.MyAgeWell.org)

## July 2024 Highlights

- ◆ Summer Bingo Bash
- ◆ Stroke Prevention Seminar - RR
- ◆ Fall Prevention Class by Mighty Health - RR
- ◆ Advanced Planning Workshop - RR
- ◆ OM Chanting - RR
- ◆ Individual Financial Consultations - RR
- ◆ Caregiver Support Group
- ◆ Android Device Assistance - RR
- ◆ Chair Yoga
- ◆ Tony Rogers Lunch Performance - RR
- ◆ Wild West Poker Night with the Boomer's Club



The flyer is green with colorful bingo balls (purple, blue, pink, orange, red) scattered around the text. The text is white and green. It includes the event title, a detailed description of the event, the date and time, and contact information.

**Age Well** | FLORENCE SYLVESTER  
SENIOR CENTER

## SUMMER BINGO BASH

Join us for a night of fun and games at our Summer Bingo Bash! There will be plenty of opportunities to win big - 13 games will be played and each game will pay out \$100! Ticket includes a fully catered dinner and 2 drink tickets. There will also be lots of opportunities to participate in a silent auction. All proceeds will benefit the Florence Sylvester Senior Center and support the vital resources we deliver to our community. Tickets can be pre-purchased at reception for \$45 or \$55 at the door the day of event.

**SATURDAY JULY 27TH, 2024**  
**DOORS OPEN AT 3PM**  
**GAMES BEGIN AT 4PM**

23721 MOULTON PKWY, LAGUNA HILLS (949) 380-0155 [WWW.AGEWELL.ORG](http://WWW.AGEWELL.ORG)



Dear Neighbors, Supporters, and Community Members,

I hope this message finds you well and enjoying the summer! At FSSC, we are excited to continue offering valuable resources and events designed to enhance the well-being of our community.

Highlights include the following: **Advanced Planning Workshop** - Join us to learn about essential preparations for the future, ensuring peace of mind for you and your loved ones. **Free Individual Financial Consultations** - Take advantage of Tim Bryant's expert advice tailored to your financial needs and goals. **Stroke Prevention Seminar** - Presented by Saddleback Medical Center's Stroke Coordinator, Juliann Larsen. Discover important strategies to maintain cardiovascular health and reduce the risk of stroke. **Chair Yoga**: adapts traditional yoga poses for seated practice, making it accessible to all abilities. Benefits include improved flexibility, reduced stress, and enhanced balance and mobility, promoting overall well-being.

Lastly, after much reflection, I have submitted my resignation as Director of Age Well's Florence Sylvester Senior Center. Serving this community and meeting so many beautiful and interesting people has been one of the greatest joys of my professional career. I deeply appreciate each and every one of you for your support, dedication, and warmth over the years.

Rest assured, I leave knowing that FSSC is in the very capable hands of a team that cares deeply about delivering vital resources to our community. Thank you for allowing me to be a part of this wonderful journey.

Warmest regards,  
Aimée Roberts, Outgoing Director

- **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, 2:30 p.m., Weekly

- **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., Weekly

- **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

- **Stroke Prevention Seminar**

*Join Saddleback Medical Center's Juliann Larsen, Stroke Coordinator, for a discussion on on stroke awareness and prevention.*

**When:** Monday, 7/1, 10:30 a.m., Reservation Recommended

- **Chair Yoga**

*This class adapts traditional yoga poses for seated practice, making it accessible to all abilities. Benefits include improved flexibility, reduced stress, and enhanced balance and mobility, promoting overall well-being. \$2 Fee*

**When:** Thursdays, 10:30 a.m., Weekly

- **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 1 hour appointment. Reservation Required.*

**When:** Wednesdays, 11 a.m., Reservation Required

- **Advanced Planning Informational Workshop**

*Learn about the documents and conversations you should have in order to make certain your loved ones do not have the burden of making difficult choices on your behalf. Many avoid end-of-life planning due to denial, fear, shame, cultural stigmatization of death and many other reasons. With planning, you can be assured that your life is on your terms.*

**When:** Wednesday, 7/10, 10:30 a.m., Reservation Required

- **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

<b>Starter</b> <b>7 HOUR</b> Package	<b>Best Value</b> <b>12 HOUR</b> Package	<b>Complete</b> <b>24 HOUR</b> 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

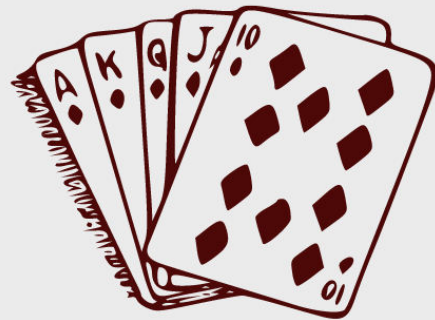
LTC Family Educator  
**Mayra Amaya**



\*\*\*

# WILD WEST POKER NIGHT

HOSTED BY THE BOOMERS  
CLUB TO BENEFIT FLORENCE  
SYLVESTER SENIOR CENTER



## August 11th, 2024

4 PM TO 9 PM

CLUBHOUSE 5

Join us for a night of Texas Hold'em! Rack up those wins and dive into our prize drawings, where you could snag a sleek new large-screen TV. And don't miss our Best-Dressed Wild West contest—come decked out and ready to impress! Beginners, fear not—we've reserved tables just for you. No-host bar, cash only, with re-buy options for only \$30.

---

**\$30 PER TICKET REDEEMABLE FOR \$200 IN CHIPS**

---

**Purchase Tickets at Florence Sylvester Senior Center,  
[boomersclub.org](http://boomersclub.org) or at Boomers Club Events**

Visit [boomersclub.org](http://boomersclub.org) • Call 949.415.8030

Email: [boomersclub@gmail.com](mailto:boomersclub@gmail.com)



The #1 rated all-in-one online health program, covered by your insurance

Whether you're looking to lose weight, get stronger, reduce joint pain, or prevent falls, Mighty can help you feel your best every day



Begin the journey to your healthiest self

- Improve your mobility and strength, lose weight, or reduce joint pain with online exercise & nutrition programs you can do from the comfort of home, at your own pace

Exercise classes & Wellness Hub at AgeWell facilities

- Join our free in-person Chair Pilates class on 6/5 at 1pm at Florence Sylvester
- Swing by the newly installed Wellness Hub, including a massage gun, aromatherapy, balance scale, and more

1 on 1 support from an expert care team

- Get personalized guidance from leading doctors, occupational therapists, & health coaches through text messages and video calls
- Text your team anytime with health-related questions



Get priority access for free at [mightyhealth.com/agewell](https://mightyhealth.com/agewell)



**Age Well** | FLORENCE SYLVESTER  
SENIOR CENTER

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



**Tony Odell Rogers  
LIVE Performance!**

Tuesday, July 16  
11:30am-12:30pm



23721 Moulton Pkwy, Laguna Hills

(949) 380-0155



**Age Well** | FLORENCE SYLVESTER  
SENIOR CENTER

# MOVIE DAYS

**Fridays at 12:45pm**

**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**

**8/9 DOWNTOWN ABBEY**

**8/16 OUT OF AFRICA**

**8/23 SET IT UP**

**8/30 THE BLIND SIDE**

**9/6 THE FUNDAMENTALS OF CARING**

**9/13 THE LAST LAUGH**

**9/20 THE SCOOP**

**9/27 UNFROSTED**

**10/4 LIFT**

**10/11 MOTHER OF THE BRIDE**



23721 MOULTON PKWY., LAGUNA HILLS

949-380-0155

*Marlene Bridges*



**SENIORS  
REAL ESTATE  
CONCIERGE™**

**MOBILE (714) 745-2592**

**OFFICE (949) 363-0901**



*When Marlene represents you in the sale of your property she will:*

- Coordinate Clean-Up, Clean-Out & Repairs
- Coordinate Estate Sales, Moving, Storage of Personal Property
- Provide Experienced Market Evaluations
- Provide Strategic Marketing Plans
- Provide Complimentary Staging
- Clearly Communicate Throughout The Process

**Marlene B. Bridges, DRE 01232928**

Village Real Estate Services

**MOBILE (714) 745-2592 • OFFICE (949) 363-0901**

**[www.OCHomesAndRealEstate.com](http://www.OCHomesAndRealEstate.com)**



BRIDGE OF PEACE



# Advanced Planning Informational Workshop (NO Solicitation)

Learn about the documents and conversations you should have in order to make certain your loved ones do not have the burden of making difficult choices on your behalf. Many avoid end-of-life planning due to denial, fear, shame, cultural stigmatization of death and many other reasons. With planning, you can be assured that your life is on your terms.



## Examples of Documents and Conversations:



Advance Healthcare Directive, Vigil Plan, End-of-Life options, Getting Affairs in Order



Advocacy, Respect for Culture/Beliefs, Initiating Discussion with Loved Ones

## TOPICS TO CONSIDER

- ✓ Legal
- ✓ Financial
- ✓ Healthcare
- ✓ Technology
- ✓ Organization

**Tuesday  
July 10  
10:30 am**



# Stroke Education & Prevention Seminar



**Join us for an informative discussion regarding stroke awareness and prevention.**

The session will be led by Saddleback Medical Center's stroke coordinator who will speak about the **risk factors, signs, and symptoms** as well as next steps in the event of an occurrence.

*Seminar presented by Juliann Larsen, MSN, RN, PHN*

When: Monday, July 1<sup>st</sup> at 10:30am

Where: Florence Sylvester Memorial Senior Center

# **SYMPHONY** *on the go!*



***AUGUST 30, 2024***

**6:00PM – 7:00PM**

**FREE COMMUNITY EVENT**

**MYAGEWELL.ORG**

**RSVP TO RESERVE YOUR SEAT**

***949-380-0155***







Alignment Health Plan®

A NEW ERA OF AGING

# JOIN US FOR ARTS & CRAFTS

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

WaterColor & Rock Painting

11AM JUNE 4th-18th & JULY 2nd-16th-30th

Alignment Health Plan

24310 Moulton Pkwy Suite C-2

Laguna Woods, CA 92637

Bring a friend or family. Refreshment provided

## 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](http://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

# 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

## 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

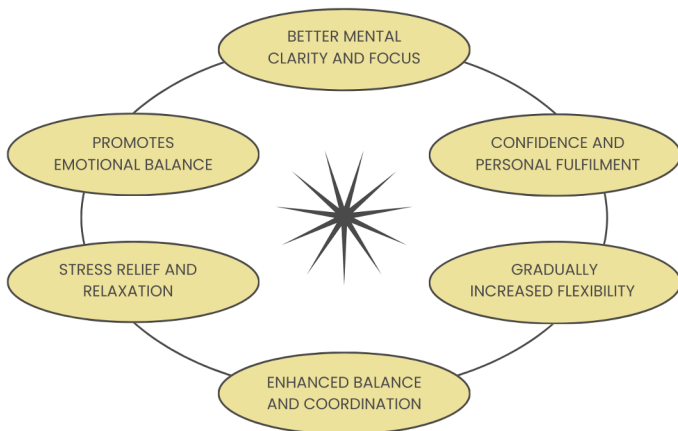
WHERE: Florence Sylvester Senior Center

Limited Seats - Reservation Required • Refreshments Provided

23721 Moulton Pkwy, Laguna Hills 949-380-0155

## benefits of chair *yoga*

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



23721 Moulton Pkwy, Laguna Hills 949-380-0155

## 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](http://tops.org)

Contact Age Well :  
949-380-0155  
[myagewell.org](http://myagewell.org)





# 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.



Nikki Johnson, License #0M82324  
[nikkijohnsoninsurance.com](http://nikkijohnsoninsurance.com)

**Call Nikki today!**  
**(714) 853-3700**







# 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

Have you been curious about

# A Memorial at Sea?

We've made it simple.



Simple. Personal. Memorable.

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

## Easy Living Home Care and Errands

Affordable In-Home Care and Errands to help with all of your needs.  
Keep your Independence, Compassionate, Attention to Detail, We Listen



- **In-Home Care**
- **Personal Care (Bathing/Dressing)**
- **Escort to and from Appointments**
- **Shopping, Outings, Errands**
- **Housekeeping, Laundry, Organizing**
- **Companionship**
- **Short Term Recovering Patients**
- **Maintain a safe & Secure Environment**
- **Meal Preparations**
- **Medication Reminders**

Insured • Bonded • W2 Employees  
Employee Criminal Background Checks

**NOW HIRING**

[www.homecare4ca.com](http://www.homecare4ca.com)

(949) 842-6831

**\*New Client Special\***  
**Receive 10% Off**  
**First Invoice**





### Is it Time for Memory Care?



Take this 4-minute survey to find out. It's personalized and confidential.

## ActivCare: The Memory Care Experts

Looking for the right option for your loved one with Alzheimer's or related dementia?

Ask the Memory Care Experts at ActivCare. We have been providing exceptional residential memory care for more than 35 years. We can help.

ActivCare Laguna Hills offers a continuity of care for residents at every stage and peace of mind for families.

Call us today.

**(949) 877-8233**



Lic. #306005986



25200 Paseo de Alicia, Laguna Hills, CA 92653 | [activcareliving.com](http://activcareliving.com)

# Helping FAMILIES



Kindness, compassion & guidance.

We are here for you and your family.

877.872.2736





# 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](http://gnpweb.com) or call our Concierge Call Center at (800) 553-6537.



**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 Haghghi-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**



**Manish 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**

Monday	Tuesday	Wednesday	Thursday	Friday	
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
<b>9</b> Tai Chi (Sun Style) <b>9:30</b> Tremble Clefs <b>10</b> Legal Aid <b>10</b> DMV Test Prep - RR <b>10:30</b> Stroke Prevention <b>11:30</b> Lunch - RR <b>2:30</b> Tai Chi	<b>9</b> Balance and Movement <b>11:30</b> Lunch - RR <b>12</b> Knit and Crochet <b>12:30</b> Poker <b>1:30</b> Bingo	<b>9</b> Tai Chi (Sun Style) <b>9</b> Wire Wrapping Class <b>10</b> Create & Color <b>11</b> Android Assist - RR <b>11:30</b> Lunch- RR - Jim Woods on piano <b>12:30</b> Caregiver Support Group	<b>Closed in Observance of Independence Day</b>	<b>9</b> Tai Chi (Sun Style) <b>9:30</b> Individual Apple Help-RR <b>10</b> TOPS Meeting <b>11:30</b> Lunch - RR - Arnie DiCioccio on piano <b>12:45</b> Movie Day	
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
<b>9</b> Tai Chi (Sun Style) <b>9</b> HICAP - RR <b>9:30</b> Tremble Clefs <b>10</b> DMV Test Prep - RR <b>10</b> Legal Aid - RR <b>11:30</b> Lunch - RR - Sunshine Band Performance <b>2:30</b> Tai Chi	<b>9</b> Balance and Movement <b>10</b> OM Chanting - RR <b>11:30</b> Lunch- RR <b>12</b> Knit and Crochet <b>12:30</b> Poker <b>1:30</b> Bingo	<b>9</b> Tai Chi (Sun Style) <b>9</b> Wire Wrapping Class <b>10:30</b> Advanced Planning Workshop - RR <b>11:30</b> Lunch- RR - Jim Woods on piano <b>12:30</b> Caregiver Support Group	<b>9</b> Balance and Movement <b>9:30</b> DMV Test Prep - RR <b>10</b> Yoga for PD <b>10:30</b> Chair Yoga - \$2 <b>11:30</b> Lunch- RR <b>12:30</b> Poker <b>2 &amp; 3</b> Individual Apple Help-RR	<b>9</b> Tai Chi (Sun Style) <b>9:30</b> Individual Apple Help - RR <b>10</b> TOPS Meeting <b>11:30</b> Lunch- RR - Arnie DiCioccio on piano <b>12:45</b> Movie Day	
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
<b>9</b> Tai Chi (Sun Style) <b>9</b> HICAP - RR <b>9:30</b> Tremble Clefs Practice and Performance <b>11:30</b> Lunch - RR <b>2:30</b> Tai Chi	<b>9</b> Balance and Movement <b>11:30</b> Lunch - RR- Tony Rogers Performance <b>12</b> Knit and Crochet <b>12:30</b> Poker <b>1:30</b> Bingo <b>2</b> Aural Rehabilitation Class	<b>9</b> Tai Chi (Sun Style) <b>9</b> Wire Wrapping Class <b>10</b> Individual Financial Consults - RR <b>10</b> Individual Medication Review - RR <b>11:30</b> Lunch- RR - Jim Woods on piano <b>12:30</b> Caregiver Support Group	<b>8:30</b> Pantry Staples <b>9</b> Balance and Movement <b>9:30</b> DMV Test Prep - RR <b>10</b> Yoga for PD <b>10:30</b> Chair Yoga - \$2 <b>11:30</b> Lunch- RR <b>12:30</b> Poker <b>2 &amp; 3</b> Individual Apple Help - RR	<b>9</b> Tai Chi (Sun Style) <b>9:30</b> Individual Apple Help - RR <b>10</b> TOPS Meeting <b>11:30</b> Lunch- RR - Arnie DiCioccio on piano <b>12:45</b> Movie Day	
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
<b>9</b> Tai Chi (Sun Style) <b>9</b> HICAP - RR <b>9:30</b> Tremble Clefs <b>11:30</b> Lunch - RR <b>2:30</b> Tai Chi	<b>9</b> Balance and Movement <b>11:30</b> Lunch - RR <b>12</b> Knit and Crochet <b>12:30</b> Poker <b>1:30</b> Bingo	<b>9</b> Tai Chi (Sun Style) <b>9</b> Wire Wrapping Class <b>11:30</b> Lunch - RR - Harmonaires Performance <b>12:30</b> Caregiver Support Group	<b>9</b> Balance and Movement <b>9:30</b> DMV Test Prep - RR <b>10</b> Yoga for PD <b>10:30</b> Chair Yoga - \$2 <b>11:30</b> Lunch - RR - Street Performers <b>12:30</b> Poker <b>2 &amp; 3</b> Individual Apple Help - RR	<b>9</b> Tai Chi (Sun Style) <b>9:30</b> Individual Apple Help - RR <b>10</b> TOPS Meeting <b>11:30</b> Lunch- RR - Birthday Celebration - Arnie DiCioccio on piano <b>12:45</b> Movie Day	<b>Summer Bingo Bash!</b>
<b>29</b>	<b>30</b>	<b>31</b>	<b>August 1</b>	<b>August 2</b>	
<b>9:30</b> Tremble Clefs <b>10</b> DMV Test Prep - RR <b>11:30</b> Lunch - RR <b>1</b> Fall Prevention with Mighty Health - RR <b>2:30</b> Tai Chi	<b>11:30</b> Lunch- RR <b>12</b> Knit and Crochet <b>12:30</b> Poker <b>1:30</b> Bingo	<b>9</b> Wire Wrapping Class <b>11:30</b> Lunch- RR - Jim Woods on piano <b>12:30</b> Art4Healing Workshop - RR <b>12:30</b> Caregiver Support Group	<b>9:30</b> DMV Test Prep - RR <b>10</b> Yoga for PD <b>10:30</b> Chair Yoga - \$2 <b>11:30</b> Lunch- RR <b>12:30</b> Poker <b>2 &amp; 3</b> Individual Apple Help-RR	<b>9:30</b> Individual Apple Help-RR <b>10</b> TOPS Meeting <b>11:30</b> Lunch - RR - Arnie DiCioccio on piano <b>12:45</b> Movie Day	

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

## SNEAK PEAK #1

The Boomer's Club is partnering with the Center to bring you **Wild West Poker Night** on August 11<sup>th</sup>, Clubhouse 5. Every ticket purchased will have a seat to play. Purchase tickets at the Florence Sylvester reception desk (\$30) or the Boomers website boomersclub.org Call the Center for more information.

## SNEAK PEAK #2

The Pacific Coast Symphony's "**Symphony on The Go!**" will be performing in front of Florence Sylvester Senior Center on August 30<sup>th</sup> at 6 p.m. The performance is **free to the public**. To guarantee you have a seat, please call reception at (949) 380-0155 and let us know you're coming.



# Join us on Weekdays Age Well Florence Sylvester: Lunch Café

South Orange  
County


## July 2024 Menu


SERVING TIMES: 11:30 AM - 12:30 PM

**Age Well**

Orange County's partner in aging

CHRIS HERNANDEZ RDN

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>COCONUT SHRIMP</b> w/ Mango Salsa Zucchini Apple Soup Cilantro Lime Rice Orange Chocolate Chip Cookie; Milk <b>1</b>	<b>MEXICAN BEEF LASAGNA</b> Mexican Coleslaw Apple Sauce Orange Juice Milk <b>2</b>	<b>CHILI HOT DOG</b> Tangy Coleslaw BBQ Baked Beans Mandarin Jello Milk <b>3</b>	<b>CLOSED</b> Independence Day Observance 	<b>SALISBURY BEEF STEAK</b> Rosemary Roasted Potatoes Carrot Raisin Slaw Wheat Roll Orange Milk <b>5</b>
<b>BEEF CHILI</b> Roasted Potatoes Rainbow Salad Wheat Roll Cantaloupe Milk <b>8</b>	<b>CHICKEN WALDORF CROISSANT</b> Cream of Broccoli Soup Cinnamon Baked Apple Milk <b>9</b>	<b>ITALIAN BEEF MEATBALL SUB SANDWICH</b> Tuscan Bean Soup Orange Apple Sauce Milk <b>10</b>	<b>CHICKEN PRIMAVERA PASTA</b> Garden Salad Pineapple Cup Milk <b>11</b>	<b>LEMON CAPER CHICKEN</b> Zucchini Squash Medley Lemon Dill Couscous Mandarin Cup Pound Cake Milk <b>12</b>
<b>CHICKEN FAJITAS w/LIME SALSA</b> Garden Salad; Corn Salsa Spanish Rice Pineapple Cup Milk <b>15</b>	<b>BEEF BOURGUIGNON</b> Green Bean & Radish Medley Wheat Roll Orange Chocolate Chip Cookie Milk <b>16</b>	<b>CHICKEN CACCIATORE</b> Zucchini, Blk Bean & Corn Spinach Lemon Orzo Orange Juice Cinnamon Baked Apple Milk <b>17</b>	<b>CHICKEN POT PIE</b> Ranch Salad Tropical Fruit Milk <b>18</b>	<b>ROAST SALMON TACOS w/ CHIMICHURRI SLAW</b> Tex Mex Vegetable Soup Lemon Thyme Brown Rice Cantaloupe Milk <b>19</b>
<b>BEEF w/BEAN TACOS w/ TOMATILLO SLAW</b> Corn Salad Spanish Rice Tropical Fruit Milk <b>22</b>	<b>SESAME CHICKEN</b> Green Goddess Soup Ginger Brown Rice Orange Juice Peach Crisp Milk <b>23</b>	<b>LEMON PERSIAN CHICKEN</b> Moroccan Carrots Lemon Thyme Brown Rice Chocolate Chip Cookie Orange Milk <b>24</b>	<b>BEEF MEATBALLS w/MARINARA</b> French Bistro Salad Spaghetti Pineapple Cup Milk <b>25</b>	<b>CHICKEN TARRAGON SANDI WICH</b> Tomato Basil Soup Orange Juice Cantaloupe Milk <b>26</b>
<b>CHICKEN KEBOB</b> Moroccan Carrots Spanish Tomato Orzo Orange Juice Oatmeal Raisin Cookie Milk <b>29</b>	<b>CHICKEN SHAWARMA</b> Mediterranean Salad Pita Bread Orange Pound Cake Milk <b>30</b>	<b>TUSCAN SALMON</b> Balsamic Green Beans w/Pearl Onions Whole Wheat Pasta Pineapple Cup Milk <b>31</b>	<b>SUGGESTED CONTRIBUTION</b> - 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 [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	

 Meal contains sodium over 1000mg

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.