

23721 Moulton Pkwy, Laguna Hills CA

Monday-Friday • 8:30am-4pm • 949-380-0155

www.myagewell.org • fsscnewsletter@myagewell.org

FLORENCE SYLVESTER SENIOR CENTER'S *Community Connection*

FEBRUARY 2025

Dear Friends, Supporters, & Community Members,

February may be the shortest month, but it's filled with warmth, connection, and opportunities to celebrate! We are excited to bring you a wonderful lineup of activities, from social gatherings to wellness activities, designed to keep you engaged and connected. Whether you're looking to stay active, explore new hobbies, or enjoy the company of your neighbors, we've got plenty in store for you: decluttering tips, medication review, Vision Board making, and Tech help. We invite you to come to the center and enjoy the company of your neighbors at our weekday congregate lunches. Let's embrace the season of friendship and make this month one to remember together!

Sincerely,

Your friends at Florence Sylvester Senior
Center

Age Well | FLORENCE SYLVESTER
SENIOR CENTER

LAUGHTER YOGA



Benefits of Laughter Yoga:

- Greater flow of oxygen to the brain
- More energy
- More motivation
- A connection between participants
- A positive state of mind
- Relief of stress
- Strengthening of the immune system

Session combine smiling exercises with deep breathing techniques to reduce stress and increase energy - no yoga mats required. Come try it with us!

◆ Thursday ◆
February 20th
1:30 pm

Reserve Your Spot Now - 949-380-0155

Florence Sylvester Senior Center
23721 Moulton Pkwy, Laguna Hills

Join us Monday-Friday from 11:30am to 12:30pm for our congregate lunch with friends!

Please call 949-380-0155 to make your reservation 2 days in advance.

EVERY SENIOR HAS A STORY TO TELL



GUIDED AUTOBIOGRAPHY (GAB)

Your Story Matters

Whether you simply want to learn more about yourself or leave a legacy for your family, this experience is powerful and rewarding. Guided Autobiography (GAB) is a unique approach to memoir writing. GAB makes it easy! Each week, you write 1 ½ - 2 pages on a designated theme, creating written reminiscences of your personal story.

Guided by Ellie Levin, a Certified GAB Instructor, you will share your unique life with others in a safe, supportive and confidential environment.

NO PRIOR WRITING EXPERIENCE IS NECESSARY.

**Seven (7), Thursdays, 1:00 pm – 3:00 pm
February 13 – March 27, 2025**

Commitment to all 7 Classes is Required

LIMIT: 10 Students

**Florence Sylvester Senior Center
23721 Moulton Pkwy, Laguna Hills**

Call 949-380-0155 to sign up or for more information.

SPECIAL CLASSES & ACTIVITIES CHECK OUT OUR FLYERS AT THE CENTER

Laughter Yoga

Laughter yoga is a form of exercise that combines laughter with yoga poses and breathing techniques. Reduces stress and anxiety, Improves mood and well-being, Boosts the immune system, Increases oxygen intake, and Promotes social connection. Warm-up exercises, Yoga poses, Breathing exercises, Playful activities designed to elicit laughter, and Affirmations. Laughter yoga is suitable for people of all ages, fitness levels, and backgrounds. No experience with yoga or laughter is necessary.

When: Thursday, February 20 at 2:30 pm. Call 949-380-0155 to make your reservation.

Dance Vision

What are the proven and perceived benefits of dance?

Dance releases Dopamine when listening to joyful music, Oxytocin when dancing with others, Serotonin from feeling a sense of meaning and connectedness with others, and Endorphins from moving the body. Plus its just plain fun! Soon to be a weekly class.

When: Thursday, February 13 at 1:30 pm. Call 949-380-0155 to make your reservation.

Author Event— Gene Nalbandian

Lamentations of a Dad: How takeaways led to Comebacks.

We are please to introduce you to Gene Nalbandian, know for his best selling books, and author of the widely acclaimed “Lamentations of a Dad” denoting a life of fame, success and stories of of Gene’s takeaways and comebacks in his Life journey oin the author on his journey as he discusses his experiences as a single father, an entrepreneur, a married man, and a divorcee.

When: Thursday, February, 27 at 1:30 pm. Call 949-380-0155 to make your reservation.

Medication Review with Bill Liu

Individual consultation with Geriatric pharmacist Bill Liu. He will answer your questions about your medications and supplements. Bring all your medications, including over the counter drugs, vitamins and supplements. Only 6 appointments available so call to book yours today.

When: Thursday, February, 13 at 10:00 am to 12:30 pm by appointment, call 949-380-0155

Vision Board making with Optum

Come make a vision board with a collection of images, words, drawings that represent you and your aspirations. Vision Boards can be motivation, visualizations and personal growth.

When: Friday, February, 21 at 1:30 pm. Call 949-380-0155 to make your reservation.



**ADULT DAY PROGRAM
AT MOUNT OF OLIVES CHURCH**

A Full-Day Social Model Day Care
Program for Adults & Seniors

CALL OR GO ONLINE NOW
949-581-3800 | ADP.MOOCURCH.ORG

LIC#30-6000147

On-Site Social Work Support & Resources



Connect with a MemorialCare Saddleback Medical Center Social Worker

We are dedicated to helping you live independently with dignity and care by connecting you with community resources.

Roneet Cooper, L.C.S.W., will be hosting open discussions on the second Monday of every month from 1pm – 2pm.



Roneet Cooper,
L.C.S.W.

- | | |
|--|--|
| February 10 – Meet the Social Worker & Transportation Services | July 14 – Handyman Resources |
| March 10 – Decluttering Tips | August 11 – Housekeeping Resources |
| April 14 – Caregiver Resources & Adult Day Cares | September 8 – Fraud/Scam Prevention |
| May 12 – Meals on Wheels | October 13 – Holiday Prep and Mental Wellbeing |
| June 9 – VA Resources | November 10 – Medicare Education |

Schedule of discussion topics subject to change based off community needs



Walk-ins are accepted, but appointments are encouraged.
Call 949-380-0155 to make your reservation!
23721 Moulton Parkway, Laguna Hills

Moving?
Lost your coverage?
Turning 65?

You can change your Medicare health plan right now.

Join me at a live neighborhood seminar, either online or in person, to learn more.



Adriana Comparan-Aguilar

Kaiser Permanente Medicare Specialist

Call **714-393-8183 (TTY 711)**

Email Adriana.Comparan-Aguilar@kp.org

Learn more at mykpagent.org/AdrianaC

You must reside in the Kaiser Permanente Medicare health plan service area in which you enroll. For accommodations of persons with special needs at meetings, call 714-393-8183 (TTY 711).

Kaiser Foundation Health Plan, Inc., 393 E. Walnut St., Pasadena, CA 91188-8514.



Age Well's Care Management Resources!

Come meet Trish and hear about our Care Management resources on Tuesday, February 18 starting at 9am. Call us at 949-380-0155 if you'd like to make a private individual appointment.



CARE MANAGEMENT

Our Care Management team is here to support and work collaboratively to meet the growing needs of the seniors we serve within our community.

Age Well Care Management provides the tools, support and advocacy for our seniors to help empower them to continue living joyful, active and independent lives for as long as possible.

ELIGIBILITY: Participants must be at least 60 years of age & resides in South Orange County. (cities listed below)

ALISO VIEJO	LAGUNA BEACH	NEWPORT BEACH
CAPISTRANO BEACH	LAGUNA HILLS	NEWPORT COAST
CORONA DEL MAR	LAGUNA NIGUEL	RANCHO SANTA MARGARITA
COTO DE CAZA	LAGUNA WOODS	SAN CLEMENTE
DANA POINT	LAKE FOREST	SAN JUAN CAPISTRANO
FOOTHILL RANCH	LAS FLORES	SILVERADO CANYON
LADERA RANCH	MISSION VIEJO	TRABUCO CANYON

Age Well
Orange County's partner in aging

CARE MANAGEMENT

OUR CARE MANAGEMENT PROGRAM CONSISTS OF:

- ✓ IN-HOME ASSESSMENTS
- ✓ CONNECTION TO AGE WELL PROGRAMS
- ✓ INDIVIDUAL CARE PLANS
- ✓ INTRODUCTION TO COMMUNITY RESOURCES
- ✓ NUTRITIONAL ASSESSMENTS

ASK TO SPEAK TO A CARE MANAGER TODAY OR MAKE AN APPOINTMENT!

(949) 441-9558

Age Well Senior Services
23101 Lake Center Dr. Ste 325
Lake Forest, CA 92630

Care Management Hours:
Monday - Friday
8:00 am - 4:00 pm
www.myagewell.org

Technology Help for Seniors



• **Apple Products**

Don Truhill provides individual 1 hour appointments for help with iPhone, iPad, MacBook, and Apple Watch. Bring your Apple ID & password and questions.

➔ *Thursdays by Appointment at 2 pm & 3 pm*

• **Android phones, PC laptops & more**

Ken Samantha of Humana provides individual 1 hour appointments for help with PC laptops, tablets, android phones, Microsoft applications and most anything tech related.

➔ *Wednesdays by Appointment at 10 am & 11 am*

Call 949-380-0155 to make your appointment

23721 Moulton Pkwy, Laguna Hills



Science Says: Dance is the Answer!
Now that the date is in we can definitely say that dancing, more than any other physical activity, improves cognitive function, happiness levels, and overall well being.

Lets Dance



FEBRUARY

Thursday

6

1:30 PM

More Information & to reserve your spot in class call 949-380-0155
Florence Sylvester Senior Center
23721 Moulton Pkwy, Laguna Hills, CA
All fitness levels & abilities welcome

Card Making with CJ

The last Tuesday of each month at 10:00 am. Limited to 10 participants. Reservations are required call 949-380-0155

Sample card designs pictured below. Stop by the front desk at FSSC to see the monthly design.



Florence Sylvester Senior Center
23721 Moulton Pkwy, Laguna Hills

VISION BOARD WORKSHOP

Friday, February 21st 1:30pm

Come create a visual representation with a collection of pictures, magazine clippings, words, and quotes that visually affirm your dreams, goals, and actions.

Call 949-380-0155 to make your reservation
23721 Moulton Pkwy, Laguna Hills

Have you been curious about

A Memorial at Sea?

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

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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.



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Lake Forest, CA 92630 | FD 2241

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Tree of Life Dedications

Two Dedication Ceremonies were held for our Tree of Life Memorial in the lobby. Jamie Ousqui, a longtime volunteer for the lunch program, dedicated a plaque in Memory of her husband, Dr. Mo S. Ousqui. Jamie said that her husband really loved to come to the senior center and help or just be with friends.

Our second dedication was from the five sons of Armando and Bertha Guizado. The Guizado's also were active at the center and over the years donated several "leaves" to the memorial, and the sons decided to donate a small tree in their honor.

Inquiries about the Tree of Life program can be directed to Ellen Dupuy, Community Relations Manager at FSSC, 949-380-3853, awcommunity@myagewell.com.



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24012 Calle de la Plata, Ste. 400
Laguna Hills CA 92653

LTC Family Educator
Mayra Amaya

ONGOING CLASSES & ACTIVITIES:

- **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

- **Mental Health Support Group**

The group's purpose, is to help people understand their emotions, manage stress, or build coping skills in a safe space for sharing experiences, and gaining emotional support.

When: Thursdays, 12:30 p.m., Weekly

- **Bingo**

Come join us for good company, prizes, and a bit of friendly competition. Coffee bar provided. Players are welcome to bring their own snacks.

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

- **Chair Yoga**

Now twice a week! 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: Tuesdays & Thursdays, 11:00 a.m., Weekly

- **Zentangle**

The Zentangle method is an easy-to-learn, relaxing, and fun way to create beautiful images by drawing structured patterns called tangles. The instructor Nicole will lead you step by step in the process in a relaxing environment that leads to focus, calm and creativity.

When: Third Wednesday of the month at 10am, Monthly

- **Financial Consultation with Tim Bryant**

Come into the Florence Sylvester Senior Center for a 30 minute unbiased financial consultation focused on the senior's needs with no selling or endorsements of products or services. All financial questions are welcome. Only 4 appointments available.

When: The 3rd Wednesdays of the month at 10:00am to 11:30pm by appointment, call 949-380-0155

- **Birthday Celebration Lunch**

Come celebrate your birthday and have lunch with us! Once a month we recognize anyone who has a birthday that month. We love to hear a bit about you, and share some cake with music and entertainment.

When: Always the last Friday of each month, 11:30am

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Meet the Mighty team

- Celebrate the launch of the health room by joining us for free 1:1 health sessions on 10/18 from 10am-1pm. Learn how to sign up for Mighty's free virtual clinic
- Swing by the newly installed Wellness Hub



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



From Mighty Health A sweet for Valentine's Day

Apricot Bliss Balls

Yields: 10

Total time: 10 minutes

Ingredients

1 cup Dried Apricot

2 tablespoons maple syrup

1 tablespoon lemon juice

½ teaspoon vanilla extract

¼ cup almond flour or coconut flour

¾ cup Unsweetened Desiccated Coconut - + more for rolling

Directions

In a food processor with the S-blade attachment, add dried apricot, maple syrup, lemon juice, and vanilla extract. Process with 30-second bursts, scraping down the sides of the bowl with a silicone spatula if needed. Repeat until it forms very tiny pieces of apricot – it takes about 1 minute.

Fold in dry ingredients: almond flour and Unsweetened Desiccated Coconut.

Process again with 30-second bursts, as before, until it forms a sticky batter that sticks together in your hands. If it is too dry, add a tablespoon of cold water. If too wet, add more almond flour 1-2 tablespoons at a time. Process after each addition.

Roll batter into balls of one tablespoon size.

Roll each ball into extra Unsweetened Desiccated Coconut to coat.

Store on a clean plate while rolling the remaining batter into balls

Refrigerate for 15 minutes before eating to enjoy their best flavor.

Age Well | FLORENCE SYLVESTER
SENIOR CENTER



BINGO TIME!



Gather with us each Tuesday for an afternoon of Bingo, prizes, and wonderful companionship! Savor our coffee bar, and feel free to bring along your favorite snacks.

EVERY TUESDAY

1:00pm - Papers go on sale

1:30pm - Games begin

23721 Moulton Pkwy, Laguna Hills

949-380-0155



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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Is it Time for Memory Care?



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ActivCare: The Memory Care Experts

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

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

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Caregiver Support Group

Are you caring for a loved one and feeling overwhelmed? You're not alone! Our caregivers support group is here to offer you a safe space to share your experiences, challenges, and victories. Expert guidance, led by Regina Jennings, LCSW-R.

Wednesdays at 12:30pm

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
- Recharge - Take a moment for yourself in a supportive environment that acknowledges your hard work and dedication

23721 Moulton Pkwy, Laguna Hills 949-380-0155

THE 6 PILLARS OF BRAIN HEALTH

Monday, February 24th at 1:30 pm

Interested in strategies for keeping your brain stronger for longer? Based on the latest research from the Cleveland Clinic; learn about the six pillars of brain health, age-related changes in memory and learning, possible risks and threats to brain health, and practical steps to protect your brain health and lower your risk of cognitive decline.

Florence Sylvester Senior Center
23721 Moulton Pkwy, Laguna Hills

To RSVP Call: 949-380-0155



Calling all book worms!

FLORENCE SYLVESTER'S LIBRARY

Did you know we have a library room? Join us!

Regular and large print books curated by a librarian, take a book home, donate a book, relax and enjoy the space **cozying up to a good book**. Open during business hours.



Mental Health Support group

Join Regina Jennings, LCSWR in a safe supportive space to share & connect.

- Everyone is welcome, regardless of your experience.
- Come for peer support
- Reduce isolation
- Coping mechanism development
- Gaining new perspectives

**Thursdays
12:30pm**

Call us for any questions: 949-380-0155
23721 Moulton Pkwy, Laguna Hills



KNITTING & CROCHET GROUP

Like to knit or crochet? Looking to learn?
Working on a project you need help with or
just want to socialize, come join the Florence
Sylvester group!

Tuesdays
12 pm



**SEE
YOU
THERE!**

23721 Moulton Pkwy, Laguna Hills

949-380-0155

You're invited to our Monthly Birthday Party Lunch!

Food, fun & entertainment
The last Friday of every month.

11:30am - 12:30pm

RSVP 949-380-0155 x15

Please call & reserve your lunch
3 days in advance.



Tai-Chi Class

Advantages of this practice include:

- Enhances balance & stability by fortifying ankles & knees
- Alleviates the physical impacts of stress
- Encourages deep breathing
- Boosts strength in the lower body & legs
- Eases arthritis discomfort
- Lowers blood pressure
- Facilitates quicker recovery from strokes & heart attacks
- Supports good posture & mental clarity

EVERY MONDAY 2:30PM

23721 Moulton Pkwy, Laguna Hills 949-380-0155

Tops Meeting

Take Off Pounds Sensibly

Join our support group, TOPS; it's all about connection and support. A simple program that works by focusing on achieving and sustaining a healthy weight. Help each other physically, mentally, and emotionally. The weekly check-ins, the accountability you've been looking for, and unwavering support - all in an accepting, non-judgmental environment. After the meeting, stay to enjoy and share a nutritious lunch together!

Fridays at 10am

Florence Sylvester Senior Center
Learn more at tops.org
Call 949-380-0155 for questions
23721 Moulton Pkwy, Laguna Hills



Age Well

FLORENCE SYLVESTER
SENIOR CENTER

Come for lunch & stay for...

FRIDAY MOVIES

starting at 12:45pm

2/7 - Coda- 2021/PG-13/1h 51 m

2/14 - Love Again - 2023/PG-13/1h 44m

2/21 - Seven Brides for Seven Brothers - 1954/G/1h 45m

2/28 - The Holdovers - 2023/R/2h 13m

3/7 - Lonely Planet- 2024/R/1h 36m

3/14 - Shirley Valentine - 1989/R/1h 48m

3/21 - Between the Temples - 2024/PG/109m

3/28 - The Six Triple Eight - 2024/PG-13/2h 7m

4/4 - Never Too Late - 2020/TV-14/1h 38m

4/11 - Apollo 13 - 1995/R/2h 19m

4/18 - Lift - 2024/PG-13/1h 47 m

4/25- Fried Green Tomatoes - 1991/PG-13/2h 10m



23721 Moulton Parkway, Laguna Hills

949-380-0155

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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 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
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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BEEF CHILI Roasted Potatoes Rainbow Salad Wheat Roll Cantaloupe Milk 3	CHICKEN WALDORF CROISSANT Cream of Broccoli Soup Cinnamon Baked Apple Milk 4	ITALIAN BEEF MEATBALL SUB SANDWICH Tuscan Bean Soup Orange Apple Sauce Milk 5	CHICKEN PRIMAVERA PASTA Garden Salad Pineapple Cup Milk 6	LEMON CAPER CHICKEN Zucchini Squash Medley Lemon Dill Couscous Mandarin Cup Pound Cake Milk 7
CHICKEN FAJITAS w/LIME SALSA Garden Salad, Corn Salsa Spanish Rice Pineapple Cup Milk 10	BEEF BOURGUIGNON Green Bean & Radish Medley Wheat Roll Orange Chocolate Chip Cookie Milk 11	CHICKEN CACCIATORE Zucchini, Blk Bean & Corn Spinach Lemon Orzo Orange Juice Cinnamon Baked Apple Milk 12	CHICKEN POT PIE Ranch Salad Tropical Fruit Milk 13	ROAST SALMON TACOS w/ CHIMICHURRI SLAW Tex Mex Vegetable Soup Lemon Thyme Brown Rice Cantaloupe Milk 14
CLOSED  17	SESAME CHICKEN Cauliflower Broccoli Soup Ginger Brown Rice Orange Juice Peach Crisp Milk 18	LEMON HERB CHICKEN Moroccan Carrots Lemon Thyme Brown Rice Chocolate Chip Cookie Orange Milk 19	BEEF MEATBALLS w/MARINARA French Bistro Salad Spaghetti Pineapple Cup Milk 20	CHICKEN TARRAGON SANDWICH Tomato Basil Soup Orange Juice Cantaloupe Milk 21
CHICKEN KEBAB Moroccan Carrots Spinach Tomato Orzo Orange Juice Oatmeal Raisin Cookie Milk 24	CHICKEN BANH MI SANDWICH Carrot Soup Tropical Fruit Cup Milk 25	TUSCAN SALMON Balsamic Green Beans w/Pearl Onions Whole Wheat Pasta Pineapple Cup Milk 26	CHICKEN SHAWARMA Mediterranean Salad Pita Bread Orange Pound Cake Milk 27	CHEESEBURGER Rosemary Roasted Potatoes Cantaloupe Milk 28
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 ESCC or by calling 949-3855-0155 No special requests or menu substitutions. Menu subject to change without notice. Our menus, per meal, average 500 - 700 calories				

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

23721 Moulton Pkwy, Laguna Hills CA • Monday - Friday • 8:30am-4pm • www.myagewell.org • 949-380-0155

RR = Reservations Required • E = Emeritus Class

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>9 Balance & Mobility - E 9:30 Tremble Clef Practice 10 Balance & Mobility - E 10 Legal Aid - RR 11:30 Lunch - RR 1 Game time 1 Om Chanting 2:30 Tai Chi</p>	<p>4</p> <p>9 Balance & Mobility - E 10 Beg. Chair Exercise - E 11 Chair Yoga - \$2 11:30 Lunch - RR 12 Knit and Crochet Club 1:00 Bingo</p>	<p>5</p> <p>9 Wire Wrapping Class/E 9 Balance & Mobility - E 9 & 10 Technology help RR 10 Balance & Mobility - E 11:30 Lunch-RR-James Woods on piano 12:30 Caregiver group 1 Inter. Knitting - E 1 Tai Chi - E</p>	<p>6</p> <p>9 Balance & Mobility - E 10 Beg. Chair Exercise - E 10 Yoga for Parkinson's 11 Chair Yoga - \$2 11:30 Lunch-RR 12:30 Mental Health group 1 Inter Oil/Acrylic painting/E 1:30 Dance Vision Class - RR 2 & 3 Apple help - RR</p>	<p>7</p> <p>9 Balance & Mobility/E 10 Balance & Mobility/E 10 TOPS Meeting 11:30 Lunch-RR-Arnle DiCioccio on piano 12:30 Cribbage 12:45 Movie Day 1 Game time</p>
<p>10</p> <p>9 HICAP - RR 9 Balance & Mobility - E 9:30 Tremble Clef Practice 10 Balance & Mobility - E 10 CA Driver's License Renewal Prep - RR 11:30 Lunch-RR-Sunshine Gr 1 Game time 1 Om Chanting 1 Decluttering tips with Roneet - RR 2:30 Tai Chi</p>	<p>11</p> <p>9 Balance & Mobility - E 10 Beg. Chair Exercise - E 11 Chair Yoga - \$2 11:30 Lunch - RR 12 Knit and Crochet Club 1:00 Bingo</p>	<p>12</p> <p>9 Wire Wrapping Class/E 9 Balance & Mobility - E 9 & 10 Technology help RR 10 Balance & Mobility - E 11:30 Lunch - RR - James Woods on piano 12:30 Caregiver group 1 Inter. Knitting - E 1 Tai Chi - E</p>	<p>13</p> <p>10 Yoga for Parkinson's 10 Medication Review - RR 11 Chair Yoga - \$2 11:30 Lunch-RR-Amy Lee 12:30 Mental Health group 1 Guided Autobiography-RR 1 Inter Oil/Acrylic painting/E 1:30 Dance Vision Class - RR 2 & 3 Apple help - RR</p>	<p>14</p> <p>10 TOPS Meeting 11:30 Lunch-RR Music by Roy Southernland/Valentine's Day Party 12:30 Cribbage 12:45 Movie Day 1 Game time</p>
<p>17</p> <p>CLOSED Presidents' Day</p>	<p>18</p> <p>9 Age Well Care Management resources 9 Balance & Mobility - E 10 Beg. Chair Exercise - E 11 Chair Yoga - \$2 11:30 Lunch - RR - Tony Rogers Performance 12 Knit and Crochet Club 1:00 Bingo</p>	<p>19</p> <p>9 Wire Wrapping Class/E 9 Balance & Mobility - E 9 & 10 Technology help RR 10 Zentangles - RR \$5 10 Financial Consults with Tim Bryant - RR 11:30 LunchRR-Harmonaires 12:30 Caregiver group 1 Inter. Knitting - E 1 Tai Chi - E</p>	<p>20</p> <p>Pantry supplies 9 Balance & Mobility - E 10 Beg. Chair Exercise - E 10 Yoga for Parkinson's 11 Chair Yoga - \$2 11:30 Lunch-RR - Street Perf. 12:30 Mental Health Group 1 Guided Autobiography-RR 1 Inter Oil/Acrylic painting 1:30 Laughter Yoga - RR 2 & 3 Apple help - RR</p>	<p>21</p> <p>9 Balance & Mobility/E 10 Balance & Mobility/E 10 TOPS Meeting 11:30 Lunch-RR - Arnle DiCioccio on piano 12:30 Cribbage 12:45 Movie Day 1 Game time 1:30 Vision Board with Optum-RR continued</p>

Monday	Tuesday	Wednesday	Thursday	Friday
<p>24</p> <p>9 HICAP – RR 9 Balance & Mobility – E 9:30 Tremble Clef Practice 10 Balance & Mobility – E 10 CA Driver's License Renewal Prep – RR 11:30 Lunch – RR – Tremble Clef's performance 1 Game time 1 Om Chanting 1:30 The 6 Pillars of Brain Health - RR 2:30 Tai Chi</p>	<p>25</p> <p>9 Balance & Mobility – E 10 Beg. Chair Exercise – E 10 Card Making with CJ - RR 11 Chair Yoga - \$2 11:30 Lunch - RR 12 Knit and Crochet Club 1:00 Bingo</p>	<p>26</p> <p>9 Wire Wrapping Class/E 9 Balance & Mobility – E 9 & 10 Technology help RR 10 Balance & Mobility – E 11:30 Lunch-RR – James Woods on piano 12:30 Caregiver support group 12:30 Art for Healing - RR 1 Inter. Knitting – E 1 Tai Chi – E</p>	<p>27</p> <p>9 Balance & Mobility – E 10 Beg. Chair Exercise – E 10 Yoga for Parkinson's 11 Chair Yoga - \$2 11:30 Lunch-RR – Silver Singers 12:30 Mental Health support group 1 Inter Oil/Acrylic painting/E 1 Guided Autobiography-RR 1:30 Author Event – Lamentations of a Dad: How Takeaways Led to Comebacks by Gene Nalbandian - RR 2 & 3 Apple help – RR</p>	<p>28</p> <p>9 Balance & Mobility – E 10 Balance & Mobility – E 10 TOPS Meeting 11:30 Lunch - RR - Birthday Celebrations with Arnie DiCioccio on piano 12:30 Cribbage 12:45 Movie Day 1 Game time</p>

Coming in March:

- Chair Yoga – Every Wednesday afternoon Starting March 5th at 2 pm
- St. Patrick's Day Luncheon – Monday, March 17th, 11:30 am -12:30 pm – RR
- Braille Institute presents Basic Lighting with Jonas Latinette, Low Vision Occupational Therapist, on Monday, March 24th at 1:30 pm – RR
- Paint & Sip with Optum – Friday, March 28th at 1:30 pm – RR
- Chair Pilates with Mighty Health, Date TBD

Please call 949-380-0155 to make your class and lunch reservations.

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