

Age Well | FLORENCE SYLVESTER SENIOR CENTER

23721 Moulton Pkwy, Laguna Hills CA

Monday-Friday • 8:30 am-4 pm • 949-380-0155 • www.myagewell.org

FLORENCE SYLVESTER SENIOR CENTER'S *Community Connection*

MARCH 2025

Age Well | FLORENCE SYLVESTER
SENIOR CENTER

You are invited to our
St. Patrick's Day Lunch Party
Monday, March 17th at 11:30 am

Featuring entertainment by
Roy Sutherland with dancing, games & more

Call 949-380-0155
2 days in advance to make your lunch reservation

Florence Sylvester Senior Center 23721 Moulton Pkwy, Laguna Hills

Dear Friends,

March 2025

Welcome to the March edition of our Florence Sylvester Senior Center Community Connection newsletter! We're excited to bring you the latest updates, upcoming events, and valuable resources to keep you informed and engaged. One of our goals is to create a vibrant and supportive community where everyone can stay active, connected, and inspired.



From health tips and social gatherings to education workshops and special celebrations, our center offers something for everyone. We invite you to participate, share your ideas, and make the most of all our center provides.

Exciting new additions to our activities calendar include Chair Yoga three times a week, a Dance Vision class weekly, a Paint & Sip workshop with our friends at Optum, Laughter Yoga, and the Braille Institute educating us on low lighting.

Please join us **on Monday, March 17, at 11:30 a.m.** for our St. Patrick's Day lunch party! There will be yummy food and entertainment by Roy Sutherland. Wear some green and your dancing shoes if you wish and have fun with us!

Thank you for being a part of our wonderful community—we look forward to seeing you soon!

Sincerely,

Your Florence Sylvester Senior Center team

Florence Sylvester Senior Center Staff Directory

23721 Moulton Pkwy, Laguna Hills CA • Monday-Friday • 8:30 a.m.—4 p.m. • www.myagewell.org
Receptionist / Front Desk: 949-380-0155

Home Delivered Meals Manager	Doree Pisano	949-380-0155 x13	2Lhmow@myagewell.org
Home Delivered Meals Manager	Melinda Salem	949-380-0155 x12	1Lhmow@myagewell.org
Congregate Lunch Manager	Lyn Thomas	949-380-0155 x15	fsmscc1@myagewell.org
Community Relations Manager	Ellen Dupuy	949-380-0155 x20	awcommunity@myagewell.org
Facilities Manager	Mike Juenemann	949-380-0155 x11	mjuenemann@myagewell.org
Director Programs & Activities	Pat Kenefick	949-380-0155 x21	pkenefick@myagewell.org

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

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

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, March 6th at 1:30 pm & Thursday, March 20th at 1:30 pm

Reserve Your Spot Now - 949-380-0155

Florence Sylvester Senior Center
23721 Moulton Pkwy, Laguna Hills

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



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

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 Senior Services
23101 Lake Center Dr., Ste 325
Lake Forest, CA 92650

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



Lets Dance



Dance Vision is a HIT!
You asked for it, we are now adding it as a weekly class!

Science Says: Dance is the Answer!

Now that the data is in we can definitively say that dancing, more than any other physical activity, improves cognitive function, happiness levels, and overall well being.

Every Monday at 1:00 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

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, March 6 at 1:30 p.m. & Thursday, March 20 at 1:30 p.m.

Call 949-380-0155 to make your reservation.

Rock Painting with Alignment Health Care

Create unique decorations for your garden, share them with those you love... or leave them anonymously as random acts of kindness for your neighbors! All materials will be provide, including alternative objects to paint. Brought to you by Binh.

When: Thursday, March 27 at 1:30 p.m. Call 949-380-0155 to make your reservation.

Paint and Sip with Optum

Come join us to Paint and Sip with our friends at Optum! This is a delightful social event where you and a friend can enjoy a casual painting while sipping on non-alcoholic refreshments.

When: Friday, March, 14 at 1:30 p.m. Call 949-380-0155 to make your reservation.



WELCOME TO
A NEW ERA
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SPECIALIZED PLANS FOR YOUR HEALTH NEEDS

Living with Diabetes or Heart Disease? We recognize that your health journey is one-of-a-kind. That's why our Heart & Diabetes (C-SNP) plans are tailored to meet your specific needs, offering you top-quality care at an affordable rate.

OPTIMAL CARE TAILORED JUST FOR YOU

- **Cost Savings:** Enjoy financial ease with low to \$0 premiums, deductibles, and copays.
- **Specialized Care:** Plans crafted to provide the best care for your specific condition.
- **Monthly Allowances:** Qualify for allowances on groceries, utilities, and safety modifications.
- **24/7 Concierge:** Access a dedicated team anytime, anywhere.

LET'S NAVIGATE YOUR HEALTH JOURNEY TOGETHER!

Join me at one of the upcoming seminars or give me a call to discover a plan tailored to your unique needs.

Stop by our office
Alignment Health Plan
24310 Moulton Pkwy C-2
Laguna Woods.
CA 92637

BINH NGUYEN

949-744-1952

Toll free: **1-888-979-2247 (TTY 711)**

8am to 8pm, Monday - Friday

alignmenthealthplan.com

For accommodation of persons with special needs at sales meetings, call 888-979-2247 (TTY: 711). 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, North Carolina and Texas 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. Medicare approved Alignment Health to provide these enhanced benefits and lower copayments as part of the Value-Based Insurance Design program. This program lets Medicare try new ways to improve Medicare Advantage plans. Members may be eligible for these enhanced benefits and lower copayments based on socioeconomic status. Eligibility for Additional benefits under the VBID Model is not assured and will be determined by the MAO after enrollment, based on Low Income Subsidy (LIS) Levels 1, 2, or 3. ATTENTION: If you speak a language other than English, language assistance services, free of charge, are available to you. Call



CHAIR YOGA



BENEFITS OF CHAIR YOGA

- Better mental clarity and focus
- Promotes emotional balance
- Enhanced balance and coordination
- Confidence and personal fulfilment
- Gradually increased flexibility
- Stress relief and relaxation

Tuesdays & Thursdays at 11:00 am

Starting in March on Wednesdays at 2:00 pm

\$2, no experience necessary

23721 Moulton Pkwy, Laguna Hills 949-380-0155

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

ART FOR HEALING

This 2-hour workshop teaches seniors how to **express feelings with color** by working with acrylic paints on canvas.



For Seniors Over 60
All participants must stay for the entire 2-hour workshop

Workshops are held at:
Florence Sylvester Senior Center

Maximum 10 participants per class

Facilitated by:
Art & Creativity for Healing Inc.

For more information
and to sign up:
Call 949-380-0155

Workshops are held on the **LAST WEDNESDAY** of the month
12:30 - 2:30 PM

2025 DATES

JANUARY 29
 FEBRUARY 26
 MARCH 26
 APRIL 30
 MAY 28
 JUNE 25
 JULY 30
 AUGUST 27
 SEPTEMBER 24
 OCTOBER 29
 NOVEMBER 19
 (3RD WEDNESDAY DUE TO HOLIDAY)
 DECEMBER 17
 (3RD WEDNESDAY DUE TO HOLIDAY)

www.art4healing.org

CA Drivers License Renewal Prep Class

Join us for information on renewing your Drivers Licence



Classes includes who does not have to take the written test, examples of the test questions, test-taking strategies, and generally boost in confidence before the test.

Mondays at 10am
Call 949-380-0155
to make your reservation



23721 Moulton Pkwy, 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.



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Tree of Life Memorial

You may have seen the recent Laguna Woods Globe articles about dedications of Tree of Life plaques on our Memorial wall. The plaques on Memorial Wall. The plaques range from \$200-\$2,500 and are a tax-deductible contribution to FSSC. Donors who have contributed to the program have memorialized their spouses, parents, children and friends. As one doner explained, my spouse was cremated, but we wanted to have a remembrance of him and a plaque on the Memorial Wall was a good solution.” If you are interested in the Memorial Wall program or other ways to contribute to FSSC, please contact Ellen Dupuy, Community Relations Manager at 949-380-0155, or stop by and talk with her at the center.



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Laguna Hills CA 92653

LTC Family Educator
Lorena Gutierrez

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.

- **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.

- **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.

- **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.

- **Chair Yoga**

Now THREE times 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., AND Wednesdays at 2:00 p.m.

- **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 each month at 10 a.m., Monthly, Call to reserve you seat 949-380-0155

- **Financial Consultation with Tim Bryant**

Come to the 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: Third Wednesdays of each month at 10:00 a.m. to 11:30 p.m. by appointment call 949-380-0155

- **Birthday Celebration Lunch**

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, music and fun.

When: The last Friday of each month, 11:30 a.m.

Marlene Bridges



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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



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 Creamy Caramelized Cabbage Pasta

Cabbage is a staple in Irish cooking because it's nutritious, affordable and hardy. Typically, it's served with corned beef on St. Patrick's Day, but Mighty Health has provided us a recipe for a non-traditional cabbage pasta. Try it, you might like it.

Yield 4, Total Time 25 minutes

Ingredients

- 8 ounces whole-wheat spaghetti (optional, can keep out and use cabbage as a side dish)
- 3 tbsp unsalted butter, divided
- 1/2 small head green cabbage, thinly sliced (about 6 cups)
- 2 tbsp thinly sliced garlic
- 1/4 tsp salt
- 1 tsp chopped fresh thyme leaves, plus more for garnish
- 1 tsp ground pepper
- 2 tbsp sherry vinegar
- 1/2 cup grated Parmesan cheese, divided
- 1/4 cup heavy cream

Directions

-Bring a large pot of water to a boil over high heat. Cook spaghetti according to package directions, until al dente. Reserve 1/2 cup of the cooking water; drain the spaghetti and set aside.

-Meanwhile, melt 2 tablespoons butter in a large nonstick skillet over medium heat. Add cabbage, garlic and salt; cook, stirring often, until the cabbage is tender and caramelized, for about 10 minutes.

-Add the remaining 1 tablespoon butter, thyme and pepper; cook, stirring constantly, until fragrant, about 30 seconds. Stir in vinegar; cook, stirring often, until the liquid has mostly evaporated, about 30 seconds.

-Stir in the spaghetti, the reserved 1/2 cup cooking water, 1/4 cup Parmesan and cream. Cook, stirring constantly, until the sauce becomes creamy and coats the spaghetti, about 1 minute.

-Divide among 4 bowls. Top with the remaining 1/4 cup Parmesan. Garnish with thyme leaves, if desired.

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

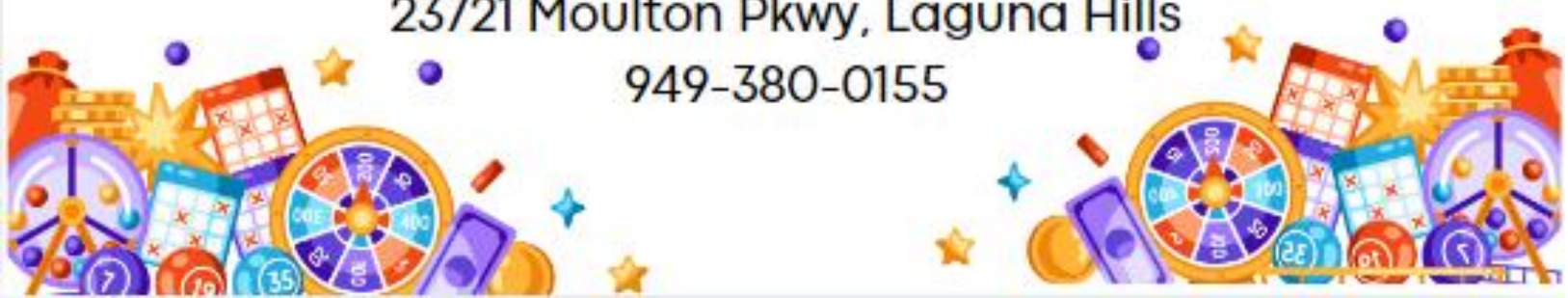


1:00pm - Papers go on sale

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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nikkijohnsoninsurance.com

Call Nikki today!
(714) 853-3700



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





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.

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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
GROUND BEEF PITA SANDWICH Steamed Green Beans Macaroni Salad & Pita Bread Pineapple Cup Milk 3	MANGO CHUTNEY CHICKEN SANDWICH Zucchini Apple Soup Orange Juice Cinnamon Baked Apple Milk 4	BEEF MEATLOAF Mashed Potatoes Sauté Peas & Carrots Wheat Roll: Orange Apple Sauce Milk 5	CILANTRO LIME CHICKEN Mediterranean Salad Lemon Thyme Brown Rice Orange Oatmeal Cookie Milk 6	CHICKEN MARSALA Rainbow Salad Tomato Rice & Bell Pepper Mandarin Cup Milk 7
MEXICAN BEEF LASAGNA Mexican Coleslaw Apple Sauce Orange Juice Milk 10	GREEK TURKEY BURGER w/TZATZIKI SAUCE Greek Tomato Salad Cantaloupe Milk 11	CHIPOTLE CHICKEN SANDWICH Split Pea Soup Tropical Fruit Milk 12	COCONUT SHRIMP w/ Mango Sauce Zucchini Apple Soup Cilantro Lime Rice; Orange Chocolate Chip Cookie Milk 13	SALISBURY BEEF STEAK Mashed Potatoes Carrot Raisin Slaw Wheat Roll Orange Milk 14
BEEF CHILI Roasted Potatoes Rainbow Salad Wheat Roll Cantaloupe Milk  17	CHICKEN WALDORF CROISSANT Cream of Broccoli Soup Cinnamon Baked Apple Milk 18	ITALIAN BEEF MEATBALL SUB SANDWICH Tuscan Bean Soup Orange Apple Sauce Milk 19	CHICKEN PRIMAVERA PASTA Garden Salad Pineapple Cup Milk 20	LEMON CAPER CHICKEN Zucchini Squash Medley Macaroni Dill Salad Mandarin Cup Pound Cake Milk 21
CHICKEN FAJITAS w/LIME SALSA Garden Salad; Corn Salsa Spanish Rice Pineapple Cup Milk 24	BEEF BOURGUIGNON Green Bean & Radish Medley Wheat Roll Orange Chocolate Chip Cookie Milk 25	CHICKEN CACCIATORE Zucchini, Blk Bean & Corn Spinach Lemon Orzo Orange Juice Cinnamon Baked Apple Milk 26	CHICKEN POT PIE Ranch Salad Tropical Fruit Milk 27	ROAST SALMON TACOS w/ CHIMICHURRI SLAW Tex Mex Vegetable Soup Lemon Thyme Brown Rice Cantaloupe Milk 28
BEEF w/BEAN TACOS w/ TOMATILLO SLAW Corn Salad Spanish Rice Tropical Fruit Milk 31	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 FSSC or by calling 949-380-0155 . No special requests or menu substitutions. Menu subject to change without notice. Our menus, per meal, average 600 - 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 prices 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.

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

RR = Reservations Required • E = Emeritus Class

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>9 & 10 Balance & Mobility/E</p> <p>9:30 Tremble Clef Practice</p> <p>10 CA Driver's License Renewal/Prep - RR</p> <p>10 Legal Aid - RR</p> <p>11:30 Lunch - RR</p> <p>1 Game time</p> <p>1 Dance Vision</p> <p>1 Om Chanting</p> <p>2:30 Tai Chi</p>	<p>4</p> <p>9 Balance & Mobility - E</p> <p>10 Beg. Chair Exercise - E</p> <p>11 Chair Yoga - \$2</p> <p>11:30 Lunch - RR - Arnie</p> <p>DiCioccio on piano</p> <p>12 Knit and Crochet Club</p> <p>1:00 Bingo</p>	<p>5</p> <p>9 Wire Wrapping Class/E</p> <p>9 & 10 Balance & Mobility - E</p> <p>9 & 10 Technology help RR</p> <p>11:30 Lunch-RR-James Woods on piano</p> <p>12:30 Caregiver group</p> <p>1 Inter. Knitting - E</p> <p>1 Tai Chi - E</p> <p>2 Chair Yoga - \$2 - RR</p>	<p>6</p> <p>9 Balance & Mobility - E</p> <p>10 Beg. Chair Exercise - E</p> <p>10 Yoga for Parkinson's</p> <p>11 Chair Yoga - \$2</p> <p>11:30 Lunch-RR</p> <p>12:30 Mental Health group</p> <p>1 Inter Oil/Acrylic painting/E</p> <p>1:30 Laughter Yoga - RR</p> <p>2 & 3 Apple help - RR</p>	<p>7</p> <p>9 & 10 Balance & Mobility/E</p> <p>10 TOPS Meeting</p> <p>11:30 Lunch-RR-Arnie</p> <p>DiCioccio on piano</p> <p>12:30 Cribbage</p> <p>12:45 Movie Day</p> <p>1 Game time</p> <p>2 PWR! Moves exercise for Parkinson's (PEP4U)</p>
<p>10</p> <p>9 HICAP - RR</p> <p>9 & 10 Balance & Mobility /E</p> <p>9:30 Tremble Clef Practice</p> <p>10 CA Driver's License Renewal/Prep - RR</p> <p>11:30 Lunch-RR-Sunshine Band</p> <p>1 Dance Vision</p> <p>1 Om Chanting</p> <p>1 Transportation tips & discussion with Roneet of MemorialCare - RR</p> <p>2:30 Tai Chi</p>	<p>11</p> <p>9 Balance & Mobility - E</p> <p>10 Beg. Chair Exercise - E</p> <p>11 Chair Yoga - \$2</p> <p>11:30 Lunch - RR</p> <p>12 Knit and Crochet Club</p> <p>1:00 Bingo</p>	<p>12</p> <p>9 Wire Wrapping Class/E</p> <p>9 & 10 Balance & Mobility - E</p> <p>9 & 10 Technology help RR</p> <p>11:30 Lunch - RR - James Woods on piano</p> <p>12:30 Caregiver group</p> <p>1 Inter. Knitting - E</p> <p>1 Tai Chi - E</p> <p>2 Chair Yoga - \$2 - RR</p> <p>2 GriefShare</p>	<p>13</p> <p>9 Balance & Mobility - E</p> <p>10 Beg. Chair Exercise - E</p> <p>10 Yoga for Parkinson's</p> <p>11 Chair Yoga - \$2</p> <p>11:30 Lunch-RR-Amy Lee</p> <p>12:30 Mental Health group</p> <p>1 Inter Oil/Acrylic painting/E</p> <p>2 & 3 Apple help - RR</p>	<p>14</p> <p>9 & 10 Balance & Mobility/E</p> <p>10 TOPS Meeting</p> <p>11:30 Lunch-RR RR - Arnie</p> <p>DiCioccio on piano</p> <p>12:30 Cribbage</p> <p>12:45 Movie Day</p> <p>1 Game time</p> <p>1:30 Paint & Sip workshop Optum -RR</p> <p>2 PWR! Moves exercise for Parkinson's (PEP4U)</p>
<p>17</p> <p>9 HICAP - RR</p> <p>9:30 Tremble Clef Practice</p> <p>10 CA Driver's License Renewal/Prep - RR</p> <p>11:30 Lunch-RR-St.</p> <p>Patrick's Day Celebration with Roy Sutherland</p> <p>1 Om Chanting</p> <p>1 Dance Vision</p> <p>2:30 Tai Chi</p>	<p>18</p> <p>9 Caption Call info in lobby</p> <p>11 Chair Yoga - \$2</p> <p>11:30 Lunch - RR - Tony Rogers Performance</p> <p>12 Knit and Crochet Club</p> <p>1:00 Bingo</p>	<p>19</p> <p>9 & 10 Technology help RR</p> <p>10 Financial Consults with Tim Bryant - RR</p> <p>10 Zentangles - \$5 - RR</p> <p>11:30 Lunch-RR-Harmonaires Performance</p> <p>12:30 Caregiver Group</p> <p>2 Chair Yoga - \$2 - RR</p> <p>2 GriefShare</p>	<p>20</p> <p>9 Pantry supplies</p> <p>10 Yoga for Parkinson's</p> <p>11 Chair Yoga - \$2</p> <p>11:30 Lunch-RR-Amy Lee</p> <p>12:30 Mental Health Group</p> <p>1:30 Laughter Yoga - RR</p> <p>2 & 3 Apple help - RR</p>	<p>21</p> <p>10 TOPS Meeting</p> <p>11:30 Lunch - RR - Arnie</p> <p>DiCioccio on piano</p> <p>12:30 Cribbage</p> <p>12:45 Movie Day</p> <p>1 Game time</p> <p>2 PWR! Moves exercise for Parkinson's (PEP4U)</p>
				<p>Over →</p>

Monday	Tuesday	Wednesday	Thursday	Friday
<p>24</p> <p>9 HICAP – RR 9 & 10 Balance & Mobility/E 9:30 Tremble Clef Practice 10 CA Driver's License Renewal Prep – RR 11:30 Lunch-RR-Tremble Clef's Performance 1 Game time 1 Om Chanting 1 Dance Vision 1:30 Braille Institute presents Basic Lighting workshop-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 & 10 Balance & Mobility – E 9 & 10 Technology help RR 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 1:30 Chair Pilates with Mighty Health - RR 2 Chair Yoga - \$2 – RR 2 GriefShare</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-Street Performers 12:30 Mental Health support group 1 Inter Oil/Acrylic painting/E 1:30 Rock painting with Binh from Alignment health/RR 2 & 3 Apple help – RR</p>	<p>28</p> <p>9 & 10 Balance & Mobility/E 10 TOPS Meeting 11:30 Lunch-RR-Birthday Celebration 12:30 Cribbage 12:45 Movie Day 1 Game time 2 PWRIMoves exercise for Parkinson's (PEP4U)</p>
<p>31</p> <p>9:30 Tremble Clef Practice 10 CA Driver's License Renewal Prep – RR 11:30 Lunch – RR – Sunshine band 1 Game time 1 Om Chanting 1 Dance Vision 2:30 Tai Chi</p>	<p>APRIL 1</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>APRIL 2</p> <p>9 Wire Wrapping Class/E 9 & 10 Balance & Mobility – E 9 & 10 Technology help RR 11:30 Lunch-RR – James Woods on piano 12:30 Caregiver support group 1 Inter. Knitting – E 1 Tai Chi – E 2 Chair Yoga - \$2 – RR 2 GriefShare</p>	<p>APRIL 3</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 2 & 3 Apple help – RR</p>	<p>APRIL 4</p> <p>9 & 10 Balance & Mobility/E 10 TOPS Meeting 11:30 Lunch - RR 12:30 Cribbage 12:45 Movie Day 1 Game time 1 Guide Dogs for the blind presentation & visit - RR 2 PWRIMoves exercise for Parkinson's (PEP4U)</p>

Coming in April:

- Special presentation by Guide Dogs for the Blind on April 4 at 1pm – RR
- Come to our Spring Luncheon April 18 at 11:30 am-12:30 pm RR – more details soon
- Clay Art with Optum – Date TBD

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