

June 2025

Community Connection Newsletter

Age Well | FLORENCE SYLVESTER
SENIOR CENTER

THE GOLDEN AGE OF TELEVISION

with Dr. Michelle Stanton retired professor of film
and television in the Cal State University System

Each week, a specific television program from the 1950s will be presented. The course will delve into the creation, social impacts and legacies of each classic program.

The class will run for one hour divided into three parts: a fifteen minute introduction describing the genesis of the program, a thirty minute episode of the program itself, and a fifteen minute summary of the impacts of the program and class questions/discussion.

- Week 1: "Gunsmoke"
- Week 2: "Dragnet"
- Week 3: "Superman"
- Week 4: "The Life of Riley"
- Week 5: "Our Miss Brooks"
- Week 6: "Medic"
- Week 7: "I Love Lucy"
- Week 8: "Sky King"
- Week 9: "You Are There"
- Week 10: "Twilight Zone"
- Week 11: "Ozzie and Harriet"
- Week 12: "Victory at Sea"
- Week 13: "The Ernie Kovacs Show"

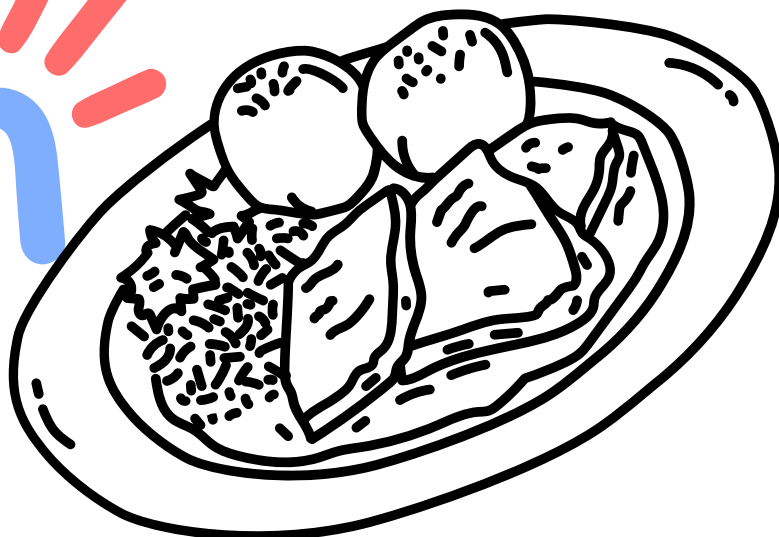


A weekly series starting on
Thursday, June 5 at 2pm
Call 949-380-0155 to reserve your place

Age Well

FLORENCE SYLVESTER
SENIOR CENTER

TIME
FOR
LUNCH



**Join us Monday thru Friday from
11:30am to 12:30pm for our
congregate lunch with friends!
See our menu in this newsletter.**

**Please call 949-380-0155 x15 to
make your reservation two (2) days in
advance.**

Age Well | FLORENCE SYLVESTER SENIOR CENTER



Dear Friends,

June 2025

Summer is just around the corner, and with it comes a fresh wave of sunshine, celebration, and community!

Exciting activities on the calendar this month include a new series called the Golden Age of Television with Dr. Michelle Stanton, Internet Safety Lunch and Learn presented by Cox Communications, and a Father's Day Ice Cream Social. Don't forget about our Chair Yoga three times a week, visits by volunteer handlers and their specially trained therapy dogs each week, Laughter Yoga twice a month, and an Informational session on what a Guided Autobiography class is and our Medication reviews. Call us anytime for more information about our classes.

Come, and bring a friend, or meet a new one at our weekly lunches, or try a new activity with us!

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

Warm regards,

Your Florence Sylvester Senior Center team

Florence Sylvester Senior Center Staff Directory

23721 Moulton Pkwy, Laguna Hills CA 92653 • Monday-Friday • 8:30am to 4pm • www.myagewell.org

Front Desk Receptionist: 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	fsmccc1@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



Age Well | FLORENCE SYLVESTER
SENIOR CENTER

FATHER'S DAY ICE CREAM SOCIAL

Indulge in a delightful experience of flavors, fun, and frozen treats at our Ice Cream Social to celebrate Father's Day!

Friday, June 13 at 12:30pm

RSVP at 949-380-0155

FLORENCE SYLVESTER SENIOR CENTER

23721 Moulton Pkwy, Laguna Hills, CA 92653





Are you retired? Looking for something fun to do?

Want to volunteer your time?

Age Well Senior Services has the answer! Whether you're retired, working from home, or simply looking for a way to make an impact and foster community, we have opportunities for you.



Benefits of being a Volunteer

Make new friends and build connections in your community

Help seniors maintain their independence and well-being

Enjoy flexible weekday shifts that fit your schedule

Experience a greater sense of purpose and fulfillment.

Scan the QR code to apply now!



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, 2:30pm

- **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, 12:30pm

- **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. Pay outs range from \$50 and up with many raffle prizes!

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

- **Caregiver Support Group**

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

When: Wednesdays, 12:30pm

- **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, 11:00am, AND Wednesdays at 2:00pm

- **Dog Days**

Volunteer handlers and their therapy dogs will visit FSSC to meet everyone. These specially trained therapy dogs will bring you comfort and joy through the human-animal bond. Come and give them some love!

When: Thursdays each week at 12:30pm

- **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 10:00am to 11:30pm 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. Call two (2) business days in advance to make your lunch reservation.

When: The last Friday of each month, 11:30am

Age Well

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SENIOR CENTER

June is National Internet Safety Month

**Join us for a Lunch and Learn presented by
Cox Communications on scams and
cybercrime protection.**

Topics to be covered in the presentation:

- Essential steps to take if you become a victim of cybercrime.
- How to strengthen the security of your social media profiles to protect your personal information.



Friday June 27TH | 11:30 AM - 1 PM

FLORENCE SYLVESTER SENIOR CENTER

23721 MOULTON PKWY LAGUNA HILLS, CA 92653

**PLEASE RSVP TO (949) 380-0155
and let us know if you will be
joining us for lunch.**



Age Well

FLORENCE SYLVESTER
SENIOR CENTER



DOG DAYS

Volunteer handlers and their therapy dogs will visit FSSC to meet everyone. These specially trained therapy dogs will bring you comfort and joy through the human-animal bond. Come and give them some love!



Weekly Visits on Thursdays at 12:30pm

Call 949-380-0155 for more information

Florence Sylvester Senior Center
23721 Moulton Pkwy, Laguna Hills, CA 92653



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
CAPISTRANO BEACH
CORONA DEL MAR
COTO DE CAZA
DANA POINT
FOOTHILL RANCH
LADERA RANCH

LAGUNA BEACH
LAGUNA HILLS
LAGUNA NIGUEL
LAGUNA WOODS
LAKE FOREST
LAS FLORES
MISSION VIEJO

NEWPORT BEACH
NEWPORT COAST
RANCHO SANTA MARGARITA
SAN CLEMENTE
SAN JUAN CAPISTRANO
SILVERADO CANYON
TRABUCO CANYON

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

Age Well®

Orange County's partner in aging

Age Well

FLORENCE SYLVESTER
SENIOR CENTER

LAUGHTER YOGA

"HA
HA"
HA,"



Lead by Pam Leszczynski, a certified Laughter Yoga instructor with Watermark Laguna Niguel. Class combines smiling exercises with deep breathing techniques to reduce stress and increase energy - no yoga mats required.

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
- Plus its FUN!



"HA
HA"
HA,"

**Second (2nd) and fourth (4th)
Thursday of every month at 1:30pm**

Reserve Your Spot Now - 949-380-0155

Florence Sylvester Senior Center
23721 Moulton Pkwy, Laguna Hills 92653



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.MOOCCHURCH.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

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(949) 441-9558

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

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LAGUNA HILLS
LAGUNA NIGUEL
LAGUNA WOODS
LAKE FOREST
LAS FLORES
MISSION VIEJO

NEWPORT BEACH
NEWPORT COAST
RANCHO SANTA MARGARITA
SAN CLEMENTE
SAN JUAN CAPISTRANO
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www.myagewell.org

Age Well
Orange County's partner in aging

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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



Non-Emergency Medical Transportation

The Age Well Senior Services Non-Emergency Medical Transportation Program was developed to provide seniors with transportation to non-emergency medical appointments, including therapy, dental visits, hearing, dialysis, prescription pick-ups, testing, and x-rays.

This program, serving individuals aged 60 and older in South Orange County, is funded in part by the County of Orange Office on Aging through Measure M2 and the National Tobacco Settlement of 1998.

Participant Criteria —

- Must be at least 60 years old
- Must live in South Orange County, which includes the cities of Aliso Viejo, Dana Point, Irvine, Laguna Woods, Laguna Niguel, Laguna Hills, Laguna Beach, Lake Forest, Foothill Ranch, Mission Viejo, Rancho Mission Viejo, Ladera Ranch, Newport Beach, Rancho Santa Margarita, San Clemente, San Juan Capistrano and Capistrano Beach.

Service Criteria —

- Transportation is provided within the designated service area, which includes Irvine, Newport Beach, and all cities through San Clemente. Trips outside this area are limited to a maximum distance of 15 miles from the client's residence to the medical facility.
- In addition to serving medical facilities within the designated service area, this program also serves Kaiser Anaheim (Lakeview), UCI Medical Center in Orange, St. Joseph's Hospital of Orange, and the Long Beach Veterans Hospital.
- Clients are allowed up to sixteen one-way trips per month, equivalent to eight round trips.
- Rides must be booked at least five (5) business days in advance.
- Passengers will be charged \$2.00 each way and must have exact change. Caretakers ride free of payment.

Transportation Hours —

- Monday through Friday 7:00 am – 6:00 pm
- Transportation is not available on holidays

Learn More or Apply!

Get started at myagewell.org/transportation



(949) 855-9766



AWTransportation@myagewell.org

SCAN TO GET STARTED



Scan to visit the website
and access the application

Age Well | FLORENCE SYLVESTER
SENIOR CENTER

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

Age Well | FLORENCE SYLVESTER
SENIOR CENTER

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



IN
PARTNERSHIP
WITH

Age Well | FLORENCE SYLVESTER
SENIOR CENTER

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

Age Well | FLORENCE SYLVESTER
SENIOR CENTER

CA Drivers License Renewal Prep Class



Join us for information
on renewing your
Drivers Licence

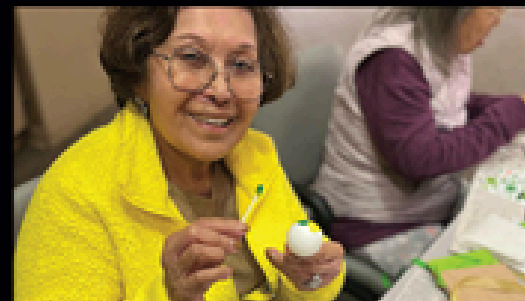
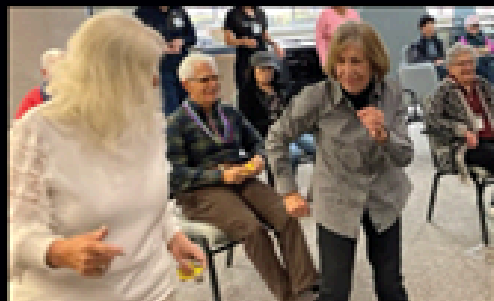
Classes includes who does not have
to take the written test,
examples of the test questions, test-
taking strategies, and generally
boost in confidence before the test.

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



23721 Moulton Pkwy, Laguna Hills

Find Social Engagement and Cognitive Health at **Friendship Club**



Schedule a Free Tour!

Call 949-581-3800 or Email adpinfo@moochurch.org



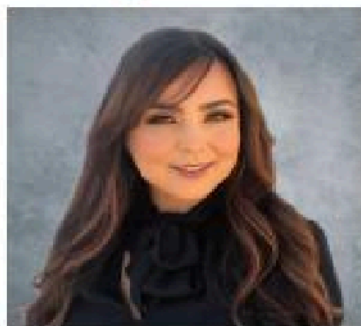
ADULT DAY PROGRAM
AT MOUNT OF OLIVES CHURCH

Visit adp.moochurch.org | 24772 Chrisanta Dr., Mission Viejo, CA

License #306000147

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.



Y0043_N00008620_C
1316359360 April 2024

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- **In-Home Care**
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First Invoice**

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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

Age Well | FLORENCE SYLVESTER
SENIOR CENTER

FINANCIAL CONSULTATIONS BY TIM BRYANT OF NEST EGG RETIREMENT SERVICES

Come into the center for a FREE 30 minutes unbiased financial consultation. Focused on the needs of older adults. No selling or endorsements of product or services. All financial questions are welcome.

Investments
both simple & complex

Taxation

Legacy planning

Cash flow & budgeting

Charitable giving/planning

Estate planning

Personal finance

Join us on the 3rd Wednesday of every month.
10am to 11:30am
Call 949-380-0155 to make your appointment

Florence Sylvester Senior Center

23721 Moulton Parkway, Laguna Hills, CA 92653
myagewell.org - 949-380-0155

Marlene Bridges



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OFFICE (949) 363-0901



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- Provide Strategic Marketing Plans
- Provide Complimentary Staging
- Clearly Communicate Throughout The Process

Marlene B. Bridges, DRE 01232928

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www.OCHomesAndRealEstate.com

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SENIOR CENTER

Make a reservation for lunch and enjoy entertainment by our local favorite, the one and only ...

Tony Rogers



**Performing the Third (3rd) Tuesday
of every month starting at 11:30am**

**Call 949-380-0155 to reserve your lunch
two (2) days in advance.**

Florence Sylvester Senior Center
23721 Moulton Parkway, Laguna Hills CA 92653

Tree of Life

You may have seen the dedications of Tree of Life plaques on our memorial wall at the center. The plaques range from \$200 to \$2,500 and represent a tax-deductible contribution to FSSC. Donors who have participated in the program have memorialized their spouses, parents, children, and friends.



As one donor explained, “my spouse was cremated, but we wanted to have a remembrance of him, and a plaque on the Memorial Wall became a way to commemorate him.” We would love for you to help us celebrate and honor the connections that bind us—past, present, and future. Each tree, rock, acorn, and leaf represents a person, a memory, or a story of life. We invite you to join us in memorializing a loved one. If you are interested in the Memorial Wall program or other ways to donate to FSSC, please contact Ellen Dupuy, Community Relations Manager, at 949-380-0155, or stop by and speak with her at the center.



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**7 HOUR
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Best Value

**12 HOUR
Package**

Complete

**24 HOUR
Package**

With **Pop-in Care**, you can get Home Care now
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Call (949) 669-1055 to select the package

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

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

(833) 247-9111 ext. 554

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


parentis
health.



LTC Family Educator
Lorena Gutierrez

Age Well | FLORENCE SYLVESTER
SENIOR CENTER

Medication *Consultation*

Schedule your 30 minute individual medication consultation with Geriatric pharmacist, Bill Liu. He will review your current medications, answer questions about your medications, including the best time to take, side effects, and interactions. Please bring all current medications, including over the counter, drugs, vitamins, creams and herbal supplements to your appointment. Appointments start at 10:00am to 12:30pm.

April 24

June 26

August 21

October 30

December 18

Thursday

Appointments
are 30 minutes
starting at
10:00am to
12:30pm

Call 949-380-0155 to schedule your appointment
Florence Sylvester Senior Center
23721 Moulton Pkwy, Laguna Hills 92653



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

Call Nikki today!
(714) 853-3700





Is it Time for Memory Care?



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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


ACTIVCARE
Laguna Hills

Lic. #306005986




25200 Paseo de Alicia, Laguna Hills, CA 92653 | activcareliving.com

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compassion
& guidance.

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and your family.

 877.872.2736

O Connor
MORTUARY
Experience Compassion



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



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

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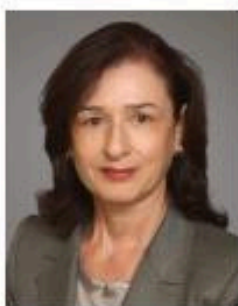
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Age Well

FLORENCE SYLVESTER
SENIOR CENTER

FRIDAY MOVIES

*Come for lunch & stay for the movie
starting at 12:45pm*

5/2 - Play Misty For Me - 1971/R/Thriller-Crime/1h 42m

5/9 - Field of Dreams - 1989/PG/Family-Sport/1h 42m

5/16 - Conclave - 2024/PG/Thriller-Mystery/2h

5/23 - Bonnie and Clyde - 1967/R/Comedy-Romance/1h 28m

5/30 - Cape Fear - 1991/R/Crime/Thriller/2h 8m

6/6 - One Flew Over the Cuckoo's Nest-1975/R/Drama/2h 13m

6/13 - A Complete Unknown - 2024/R/Drama/Music/2h 20m

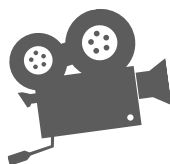
6/20 - Big Night-1996/R/Comedy-Romance/1h 47m

6/27 - The French Connection-1971/R/Action-Crime/1h 44m

7/11 - Some Like It Hot-1959/NR/Comedy-Musical/2h 1m

7/18 - ET The Extra-Terrestrial-1982/G/Family-Sci-Fi/2h

7/25 - Fun With Dick and Jane-1977/PG/Comedy-Crime-1h 39m



949-380-0155



Florence Sylvester Senior Center
23721 Moulton Pkwy, Laguna Hills 92653

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEXICAN BEEF LASAGNA Mexican Coleslaw Apple Sauce Orange Juice Milk 2	GREEK TURKEY BURGER w/ TZATZIKI SAUCE Greek Tomato Salad Cantaloupe Milk 3	CHIPOTLE CHICKEN SANDWICH Split Pea Soup Tropical Fruit Milk 4	COCONUT SHRIMP w/ MANGO SAUCE Zucchini Apple Soup Cilantro Lime Rice; Orange Chocolate Chip Cookie Milk 5	SALISBURY BEEF STEAK Mashed Potatoes Carrot Raisin Slaw Wheat Roll Orange Milk 6
BEEF CHILI Roasted Potatoes Rainbow Salad Wheat Roll Cantaloupe Milk 9	CHICKEN WALDORF CROISSANT Cream of Broccoli Soup Cinnamon Baked Apple Milk 10	ITALIAN BEEF MEATBALL SUB SANDWICH 💡 Tuscan Bean Soup Orange Apple Sauce Milk 11	CHICKEN PRIMAVERA PASTA Garden Salad Pineapple Cup Milk 12	LEMON CAPER CHICKEN Zucchini Squash Medley Macaroni Dill Salad Mandarin Cup Pound Cake Milk 13
CHICKEN FAJITAS w/ LIME SALSA Garden Salad; Corn Salsa Spanish Rice Pineapple Cup Milk 16	BEEF BOURGUIGNON Green Bean & Radish Medley Wheat Roll Orange Chocolate Chip Cookie Milk 17	CHICKEN CACCIATORE Zucchini, Black Bean & Corn Spinach Lemon Orzo Orange Juice Cinnamon Baked Apple Milk 18	CHICKEN POT PIE Ranch Salad Tropical Fruit Milk 19	ROAST SALMON TACOS w/ CHIMICHURRI SLAW Tex Mex Vegetable Soup Lemon Thyme Brown Rice Cantaloupe Milk 20
BEEF w/ BEAN TACOS w/ TOMATILLO SLAW Corn Salad Spanish Rice Tropical Fruit Milk 23	SESAME CHICKEN Cauliflower Broccoli Soup Ginger Brown Rice Orange Juice Peach Crisp Milk 24	LEMON HERB CHICKEN Moroccan Carrots Lemon Thyme Brown Rice Chocolate Chip Cookie Orange Milk 25	BEEF MEATBALLS w/ MARINARA French Bistro Salad Spaghetti Pineapple Cup 26	CHICKEN TARRAGON SANDWICH Tomato Basil Soup Orange Juice Cantaloupe Milk 27
CHICKEN KEBAB Moroccan Carrots Spinach Tomato Orzo Orange Juice Oatmeal Raisin Cookie Milk 30	CHICKEN BANH MI SANDWICH Carrot Soup Tropical Fruit Cup 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 date. You can RSVP in person at Florence Sylvester or by calling 949-380-0155 No special requests or menu substitutions. Menu subject to change without notice. Our menus, per meal, average 500 - 700 calories		

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
9 Wire Wrapping Class/E 9:30 Balance & Mobility - E 9:30 Tremble Clef Practice 10 CA Driver's License Renewal Prep - RR 10 Legal Aid - RR 11:30 Lunch - RR 1 Game time 1 Tai Chi - Emeritus 1 Dance Vision 2:30 Tai Chi	9 Balance & Mobility - E 10 Beg. Chair Exercise - E 11 Chair Yoga - \$2 11:30 Lunch - RR 12 Knit and Crochet Club 12:30 Poker 1:00 Bingo	9 Wire Wrapping Class/E 9:30 Balance & Mobility - E 10 & 11 Technology help with Ken Samantha - RR 11:30 Lunch - RR - James Woods on piano 12:30 Caregiver support group 1 Tai Chi - Emeritus 2 GriefShare 2 Chair Yoga - \$2 - RR	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 12:30 Therapy Dogs visiting 1 Inter Oil/Acrylic painting/E 2 Golden Age of Television with Dr. Michelle Stanton - RR	10 TOPS Meeting 11:30 Lunch - RR with Arnie DiCioccio on piano 12:30 Cribbage 12:45 Movie Day 1 Game time
9	10	11	12	13
9 Wire Wrapping Class/E 9:30 Balance & Mobility - E 9 HICAP - RR 9:30 Tremble Clef Practice 10 CA Driver's License Renewal Prep - RR 11:30 Lunch - RR 1 Tai Chi - Emeritus 1 Game time 1 Dance Vision 1 Social work hour w/Roneet of MemorialCare on VA Benefits - RR 2:30 Tai Chi	9 Balance & Mobility - E 10 Beg. Chair Exercise - E 10:30 Information session about our Guided Autobiography class - RR (one-time session) 11 Chair Yoga - \$2 11:30 Lunch - RR 12 Knit and Crochet Club 12:30 Poker 1:00 Bingo	9 Wire Wrapping Class/E 9:30 Balance & Mobility - E 10 & 11 Technology help with Ken Samantha - RR 11:30 Lunch - RR - James Woods on piano 12:30 Caregiver Group 1 Tai Chi - Emeritus 2 Chair Yoga - \$2 - RR	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 12:30 Therapy Dogs visiting 1 Inter Oil/Acrylic painting/E 1:30 Laughter Yoga with Pam - RR 2 & 3 Apple help - RR 2 Golden Age of Television with Dr. Michelle Stanton - RR	10 TOPS Meeting 11:30 Lunch - RR with Arnie DiCioccio on piano 12:30 Father's Day Ice Cream Social - RR 12:30 Cribbage 12:45 Movie Day 1 Game time
16	17	18	19	20
9 Wire Wrapping Class/E 9 HICAP - RR 9:30 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 Tai Chi - Emeritus 1 Game time 1 Dance Vision 2:30 Tai Chi	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 12:30 Poker 1:00 Bingo	9 Wire Wrapping Class/E 9:30 Balance & Mobility - E 10 Financial Consultations with Tim Bryant - RR 10 & 11 Technology help with Ken Samantha - RR 11:30 Lunch - RR Harmonaires Performance 12:30 Caregiver Group 1 Tai Chi - Emeritus 2 Chair Yoga - \$2 - RR	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 12:30 Therapy Dogs visiting 1 Inter Oil/Acrylic painting/E 2 Golden Age of Television with Dr. Michelle Stanton - RR	10 TOPS Meeting 11:30 Lunch - RR with Arnie DiCioccio on piano 12:30 Cribbage 12:45 Movie Day 1 Game time

Monday	Tuesday	Wednesday	Thursday	Friday
23 9 to 4 Walk-in for Saddleback Emeritus Fall Enrollment assistance 9 Wire Wrapping Class/E 9 HICAP – RR 9:30 Balance & Mobility – E 9:30 Tremble Clef Practice 10 CA Driver's License Renewal Prep – RR 11:30 Lunch – RR – Sunshine Band 1 Tai Chi – Emeritus 1 Game time 1 Dance Vision 2:30 Tai Chi	24 9 Balance & Mobility – E 10 Beg. Chair Exercise – E 10 Advanced Card Making Class with CJ – RR 11 Chair Yoga - \$2 11:30 Lunch – RR – Silver Singers 12 Knit and Crochet Club 12:30 Poker 1:00 Bingo 1 Beginner Card Making Class with CJ – RR	25 9 Wire Wrapping Class/E 9:30 Balance & Mobility – E 10 MemorialCare Medicare information session with Jose 10 & 11 Technology help with Ken 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 – Emeritus 2 Chair Yoga - \$2 - RR	26 9 Balance & Mobility – E 10 Beg. Chair Exercise – E 10 Yoga for Parkinson's 10 Medication Consultations - RR 11 Chair Yoga - \$2 11:30 Lunch – RR-Street Performers 12:30 Mental Health support group 12:30 Therapy Dogs visiting 1 Inter Oil/Acrylic painting/E 1:30 Laughter Yoga Pam – RR 1:30 Sound Bath with Optum - RR 2 Golden Age of Television with Dr. Michelle Stanton - RR	27 10 TOPS Meeting 11:30 – 1 Cox Communications presents internet safety session, lunch & learn - RR 11:30 Lunch – RR - Birthday Celebrations with Amie DiCioccio on piano & entertainment by Clown Alley 12:30 Cribbage 12:45 Movie Day 1 Game time
30 9 Wire Wrapping Class/E 9:30 Balance & Mobility – E 9:30 Tremble Clef Practice 10 CA Driver's License Renewal Prep – RR 11:30 Lunch – RR 1 Social work hour with Roneet of MemorialCare- RR 1 Tai Chi – Emeritus 1 Game time 1 Dance Vision 2:30 Tai Chi	July 1 9 Balance & Mobility – E 10 Beg. Chair Exercise – E 11 Chair Yoga - \$2 11:30 Lunch – RR 12 Knit and Crochet Club 12:30 Poker 1:00 Bingo	July 2 9 Wire Wrapping Class/E 9:30 Balance & Mobility – E 10 & 11 Technology help with Ken 11:30 Lunch – RR – James Woods on piano 12:30 Caregiver support group 1 Inter. Knitting – E 1 Tai Chi – Emeritus 2 Chair Yoga - \$2 - RR	July 3 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 support group 12:30 Therapy Dogs visiting 1 Inter Oil/Acrylic painting/E 2 Golden Age of Television with Dr. Michelle Stanton - RR	July 4 <div>Closed for Independence Day</div>

Coming in July:

- Golden Age of Television Series with Dr. Michelle Stanton – continues – Thursdays at 2pm – reservations required
- VA Benefits Presentation with Martie Atkins of Home Instead on Monday, July 14th at 1:30pm - reservations required
- Stay tuned for more exciting news!

RR = Reservations Required • E = Emeritus Class