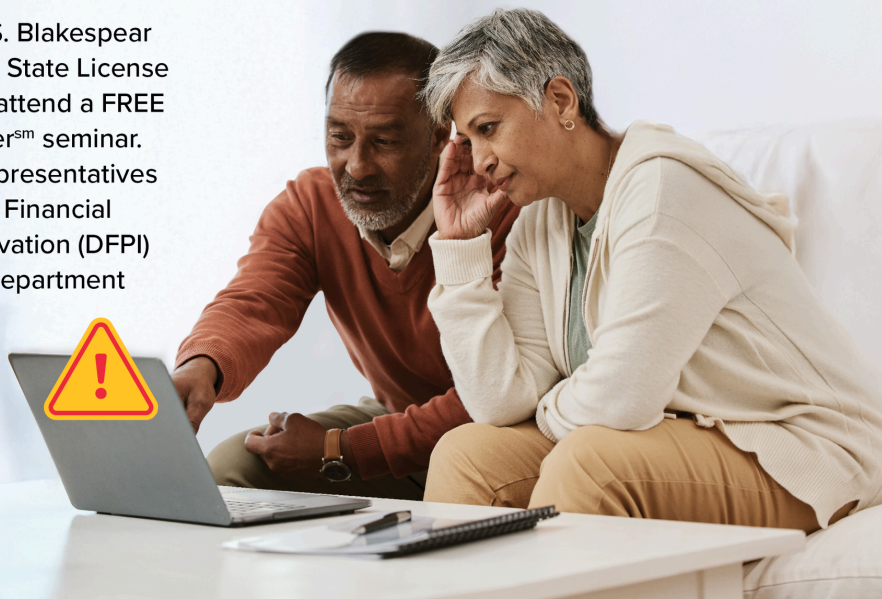


## September 2025 *Community Connection Newsletter*

### FREE SENIOR **SCAM** STOPPER<sup>SM</sup> SEMINAR

Senator Catherine S. Blakespear and the Contractors State License Board invite you to attend a FREE Senior Scam Stopper<sup>SM</sup> seminar. Panelists include representatives from Department of Financial Protection and Innovation (DFPI) and the California Department of Insurance (CDI).



 THURSDAY

**October 2**  
1 p.m. – 2:30 p.m.

 LOCATION

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

### Be Informed and Protect Yourself

Join us and learn how to protect yourself from scammers. Seniors, their families, and caregivers are welcome to attend this **FREE** seminar. Light refreshments will be provided.

[SeniorScamStopper.com](http://SeniorScamStopper.com)  
[cslb.ca.gov](http://cslb.ca.gov)



**RSVP** [bit.ly/SeniorSafetyEvent](https://bit.ly/SeniorSafetyEvent)

For more information contact: Maia Meunier  
[maia.meunier@sen.ca.gov](mailto:maia.meunier@sen.ca.gov) or (949) 598-5850



**SENATOR CATHERINE S. BLAKESPEAR**  
– REPRESENTING SENATE DISTRICT 38 –

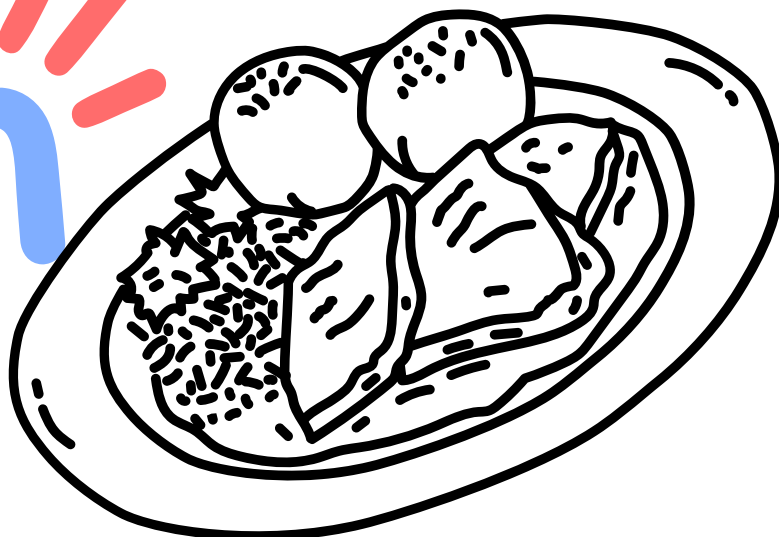


23721 Moulton Pkwy, Laguna Hills CA 92653  
Monday-Friday • 8:30am-4pm • [www.myagewell.org](http://www.myagewell.org) • 949-380-0155

# 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 Lyn at 949-215-3833 for  
any questions and to make your  
reservation two (2) days in advance.**

# Age Well | FLORENCE SYLVESTER SENIOR CENTER



Dear Friends,

September 2025

Fall is just around the corner but we here in southern CA know that doesn't mean cooler temperatures, so we are going to keep things heating up and exciting in the next few months.

On 9/9 its time for a Paint & Sip with Carmen and Optum, we have a new series starting on 9/18 of The Golden Age of Television, 9/16 the Vaccine Clinic to help keep you healthy, and also on 9/16 it's time for Coloring with Peggy. Plus more upcoming community events and special moments together for October. Most importantly we have a presentation on 10/2 at 1pm, a Scam Stopper Seminar presented by Senator Blakespear's office. Keep watching for news on big events in October, November, and December!

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

949-380-0155

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

**Receptionist:** Kaitlin Burke 949-380-0155 [Fssc@myagewell.org](mailto:Fssc@myagewell.org)

### **Home Delivered Meals Managers (Meals on Wheels):**

**Doree Pisano** 949-215-3830 [2Lhmow@myagewell.org](mailto:2Lhmow@myagewell.org)

**Melinda Salem** 949-215-3817 [1Lhmow@myagewell.org](mailto:1Lhmow@myagewell.org)

### **Congregate Lunch (on site lunch) Manager:**

**Lyn Thomas** 949-215-3833 [fmscc1@myagewell.org](mailto:fmscc1@myagewell.org)

### **Facilities Manager:**

**Mike Juenemann** 949-215-3847 [mjuenemann@myagewell.org](mailto:mjuenemann@myagewell.org)

### **Director Programs & Activities:**

**Pat Kenefick** 949-215-3812 [pkenefick@myagewell.org](mailto:pkenefick@myagewell.org)



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:

- **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:** Call the center 949-380-0155 for next date

- **CA Drivers License Renewal Prep Class**

Classes clarify who does not need to take the written test, offers examples of the test questions, provide test-taking strategies, and generally boost in your confidence before the test.

**When:** 2nd and 4th Mondays of each month at 10am, call 949-380-0155 to reserve your spot

- **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

- **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

- **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

- **Chair Yoga**

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

**When:** Thursdays, 11:00am

- **The Golden Age of Television**

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 is 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.

**When:** Thursdays at 2pm starting on Sept 18th

- **Creative Coloring with Peggy**

Come try something new, learn about coloring, socialize, and make new friends in this small group workshop. Peggy will share her skills and ideas with you.

**When:** 3rd Tuesday of each month at 12:30pm



## 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](http://www.myagewell.org)

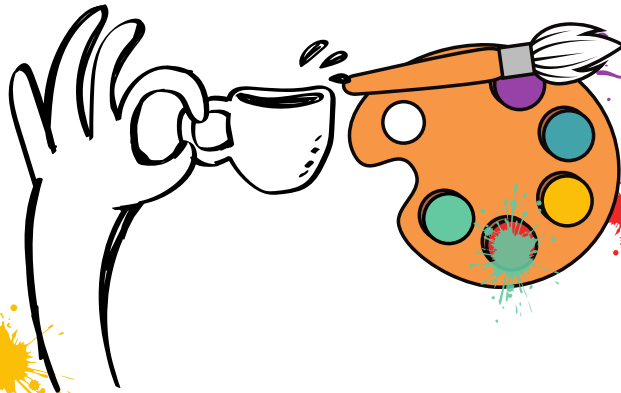
# Age Well®

*Orange County's partner in aging*

# PAINT & SIP

with Carmen & Optum

Tuesday  
Sept. 9th @ 1:30pm



Non-alcoholic  
refreshments  
will be served

Reserve your spot by  
calling **949-380-0155**  
spaces are limited

## Stay healthy this season! Get your vaccinations with us!

Tuesday, September 16th  
10am to 12pm

Flu, covid, pneumonia, Shingles,  
RSV, Tdap, HepA/B and other  
vaccinations are available.



### Follow these steps to stay healthy:

1. Make your appointment by calling **949-380-0155** or stop by our front desk.
2. Get and fill out the consent form and turn it into us at FSSC by Monday, Sept. 8th.
3. Come to FSSC at your appointment time and get your shot.
4. Stay for lunch and receive a special surprise!



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

Shots administered by the Pharmacy Team from your neighborhood Albertsons Vons Pavilions supermarket.



# Age Well | FLORENCE SYLVESTER SENIOR CENTER

## LAUGHTER YOGA



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!



**Tuesday Sept. 9<sup>th</sup> at 1:30pm and  
Tuesday, Sept. 23<sup>rd</sup> at 2pm**

**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](http://ADP.MOOCCHURCH.ORG)

LIC#30-6000147



### 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](http://www.myagewell.org)

**Age Well**  
Orange County's partner in aging

## Age Well | FLORENCE SYLVESTER SENIOR CENTER



**Let's Dance**

### Dance Vision 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. Come join us and move your body to some good for you music!

**Mondays at 1:00pm and Thursdays at 2pm**

For more information & to reserve your spot in class call 949-380-0155

All fitness levels & abilities welcome

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





## 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

SCAN TO GET STARTED



Scan to visit the website  
and access the application

## Learn More or Apply!

Get started at [myagewell.org/transportation](https://myagewell.org/transportation)



(949) 855-9766



[AWTransportation@myagewell.org](mailto:AWTransportation@myagewell.org)

**Age Well** | FLORENCE SYLVESTER  
SENIOR CENTER

## CHAIR YOGA



### WHAT YOU CAN ACHIEVE WITH CHAIR YOGA

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

Thursdays at 11:00am

\$2, no experience necessary  
949-380-0155

Florence Sylvester Senior Center  
23721 Moulton Pkwy, Laguna Hills 92653



**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

**ART & CREATIVITY** 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.



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)

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

[www.art4healing.org](http://www.art4healing.org)

**Age Well** | FLORENCE SYLVESTER  
SENIOR CENTER

## CA Drivers License Renewal Prep Class



Join us for information  
on renewing your  
Driver's License

Classes clarify who does not need to take the written test, offers examples of the test questions, provide test-taking strategies, and generally boost in your confidence before the test.

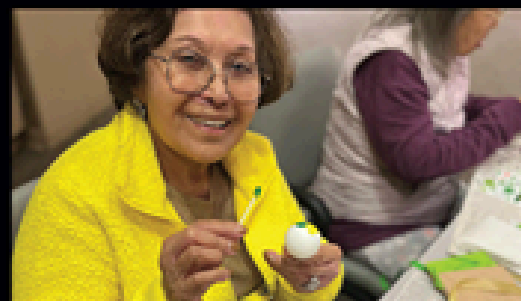
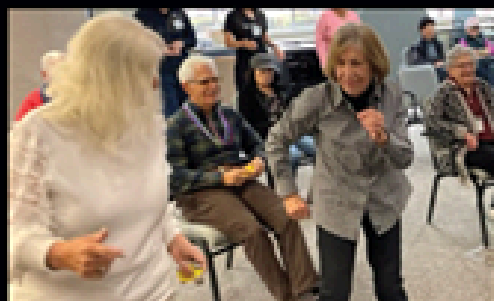
**2nd and 4th Mondays of each  
month at 10am**  
**Call 949-380-0155**  
**to make your reservation**



Florence Sylvester Senior Center  
23721 Moulton Pkwy, Laguna Hills 92653



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



## **Schedule a Free Tour!**

Call 949-581-3800 or Email [adpinfo@moochurch.org](mailto:adpinfo@moochurch.org)



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

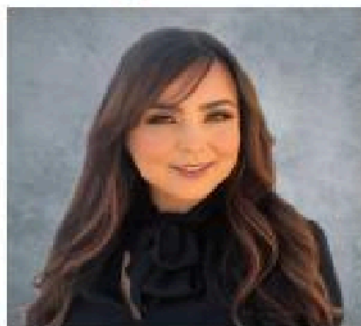
Visit [adp.moochurch.org](http://adp.moochurch.org) | 24772 Chrisanta Dr., Mission Viejo, CA

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](mailto:Adriana.Comparan-Aguilar@kp.org)

Learn more at [mykpagent.org/AdrianaC](http://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

## Easy Living Home Care and Errands

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



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

**Insured • Bonded • W2 Employees  
Employee Criminal Background Checks**

**NOW HIRING**

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

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

**(949) 842-6831**



**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

**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 3<sup>rd</sup> 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*



**SENIORS  
REAL ESTATE  
CONCIERGE™**

MOBILE (714) 745-2592

OFFICE (949) 363-0901



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

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

Marlene B. Bridges, DRE 01232928

Village Real Estate Services

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

www.OCHomesAndRealEstate.com

**Age Well** | FLORENCE SYLVESTER  
SENIOR CENTER

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

## Tony Rogers



**Performing the Third (3<sup>rd</sup>) 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 \$250 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 us at 949-380-0155, or stop by the center.





## Starter

**7 HOUR  
Package**

## Best Value

**12 HOUR  
Package**

## Complete

**24 HOUR  
Package**

With **Pop-in Care**, you can get Home Care now  
and pay over time in bite-sized installments.

Short Care  
Shifts

No Long-Term  
Contracts

We Accept  
Insurances

No Hourly  
Minimums

Caregivers Fully Screened  
& Background Checked

**Call (949) 669-1055 to select the package**

## Long-Term Care Insurance Benefit Review, at **no charge.**

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

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

**(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](http://nikkijohnsoninsurance.com)

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







## Is it Time for Memory Care?



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

## ActivCare: The Memory Care Experts

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

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

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

Call us today.

**(949) 877-8233**

  
**ACTIVCARE®**  
*Laguna Hills*

Lic. #306005986




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

# Helping FAMILIES

Kindness,  
compassion  
& guidance.

We are here for you  
and your family.

 877.872.2736

  
**O'Connor**  
**MORTUARY**  
*Experience Compassion*

Laguna Hills FD1293 [OConnorMortuary.com](http://OConnorMortuary.com)



# 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](http://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.

Greater Newport Physicians MemorialCare (GNPM) is one of the most experienced and respected medical groups in Orange County. From primary care doctors to specialists, to advanced imaging centers and nationally recognized hospitals, GNPM delivers the personalized care that you are looking for. From annual wellness visits and preventive health screenings, to immunizations and management of chronic conditions, we are dedicated to helping you stay healthy and caring for you when you're not. If you are looking for a doctor and want to belong to one of the top medical groups in Orange County, please visit [gnpweb.com](http://gnpweb.com) or call our Concierge Call Center at (800) 553-6537.



**Mohammed Ali, M.D.**  
Lake Forest  
23672 Birtcher 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



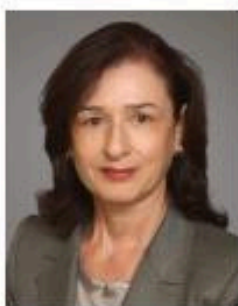
**Sorja Krafcik, M.D.**  
Laguna Niguel  
25500 Rancho Niguel Road  
Suite 150  
Laguna Niguel, CA 92677  
(949) 831-3686



**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



# FRIDAY MOVIES

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

8/1-The African Queen-1951/PG/Adventure/Romance/1h45m

8/8 – Nonnas – 2025/PG/Comedy/1h 54m

8/15 - The Monuments Men 2014/PG13/War/drama/1h58m

8/22 – The Fugitive – 1993/PG-13/Action, Drama/2h 10m

8/29– Babe – 1995/G/Family, Comedy/1h 31m

9/5 – Before Sunset – 2004/R/Romance, Drama/1h 20m

9/12 – My Cousin Vinny – 1992/R/Comedy, Mystery/2h

9/19 - Paddington – 2014/PG/Adventure, Comedy/1h 35m

9/26 - Turner & Hooch – 1989/PG/Comedy, Family/1h 37m

10/3 – It Ends with Us – 2024/PG-13/Romance/2h 10m


10/10 – The Union – 2024/PG-13/Action/1h 47m

10/17 – Rope – 1948/PG/Thriller, Crime/1h 23m

---

949-380-0155

Florence Sylvester Senior Center  
23721 Moulton Pkwy, Laguna Hills

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>CLOSED</b>  <b>HAPPY LABOR DAY</b> ***	<b>CHICKEN WALDORF SANDWICH</b> Cream of Broccoli Soup Cinnamon Baked Apple Milk	<b>ITALIAN BEEF MEATBALL SUB SANDWICH</b> Tuscan Bean Soup Orange Apple Sauce Milk	<b>GREEK CHICKEN SLIDER w/ TZATZIKI SAUCE</b> Greek Tomato Salad Cantaloupe Milk	<b>TERIYAKI CHICKEN</b> Zucchini Squash Medley Macaroni Salad Mandarin Cup Pound Cake Milk
<b>CHICKEN PRIMAVERA PASTA</b> Garden Salad Mandarin Cup Milk	<b>CHICKEN FAJITAS w/ LIME SALSA</b> Mexican Coleslaw Tortillas Spanish Rice Pineapple Cup & Milk	<b>CHICKEN CACCIATORE</b> Roasted Zucchini & Squash Spinach Lemon Orzo Orange Juice Pound Cake Milk	<b>BEEF BOURGUIGNON</b> Green Bean & Radish Medley Wheat Roll Orange Chocolate Chip Cookie	<b>ROAST SALMON TACOS w/ CHIMICHURRI SLAW</b> Tex Mex Vegetable Soup Lemon Thyme Brown Rice Cantaloupe Milk
<b>BEEF w/ BEAN TACOS w/ TOMATILLO SLAW</b> Corn Salad Spanish Rice Tropical Fruit Milk	<b>CHICKEN SHAWARMA</b> Mediterranean Salad Pita Bread Orange Pound Cake Milk	<b>CHICKEN POT PIE</b> Ranch Salad Tropical Fruit Milk	<b>BEEF MEATBALLS w/ MARINARA</b> French Bistro Salad Spaghetti Pineapple Cup Milk	<b>CHICKEN TARRAGON SANDWICH</b> Tomato Basil Soup Orange Juice Cantaloupe Milk
<b>CHICKEN KEBAB</b> Moroccan Carrots Spinach Tomato Orzo Orange Juice Pound Cake Milk	<b>SESAME CHICKEN</b> Cauliflower Broccoli Soup Ginger Brown Rice Orange Juice Chocolate Chip Cookie Milk	<b>TUSCAN SALMON</b> Butter Green Beans Whole Wheat Pasta Peach Crisp Milk	<b>CHICKEN BANH MI SANDWICH</b> Carrot Soup Tropical Fruit Cup Milk	<b>CHEESEBURGER</b> Rosemary Roasted Potatoes Cantaloupe Milk
<b>BEEF STROGANOFF</b> Zucchini Apple Soup Whole Wheat Penne Pasta Mandarin Cup Milk	<b>CILANTRO LIME CHICKEN</b> Mediterranean Salad Lemon Thyme Brown Rice Orange Oatmeal Raisin Cookie Milk	<b>SUGGESTED CONTRIBUTION - 60 YRS OR OLDER: \$5.50</b> <b>COST - 59 YEARS OR YOUNGER: \$7.50</b> Reservations are required & must be made by 12pm 2 business days in prior to reservation date. You can RSVP in person at [redacted] or by calling [redacted] No special requests or menu substitutions. Menu subject to change without notice. Our menus, per meal, average 500 - 700 calories	<b>SUGGESTED CONTRIBUTION - 60 YRS OR OLDER: \$5.50</b> <b>COST - 59 YEARS OR YOUNGER: \$7.50</b> Reservations are required & must be made by 12pm 2 business days in prior to reservation date. You can RSVP in person at [redacted] or by calling [redacted] No special requests or menu substitutions. Menu subject to change without notice. Our menus, per meal, average 500 - 700 calories	<b>TERIYAKI CHICKEN</b> Zucchini Squash Medley Macaroni Salad Mandarin Cup Pound Cake Milk

Monday	Tuesday	Wednesday	Thursday	Friday
1 	2 9 Balance & Mobility - E 10 Beg. Chair Exercise - E 11:30 Lunch-RR 12 Knit and Crochet Club 12:30 Poker 1:00 Bingo	3 9 Wire Wrapping Class - E 9 & 10 Balance & Mobility - E 10 & 11 Tech. help with Ken-RR 11:30 Lunch-RR-James Woods 12:30 Caregiver support group 1 Inter. Knitting - Emeritus 1 Tai Chi - Emeritus 2 Grief Share	4 9 Balance & Mobility - E 10 Beg. Chair Exercise - E 10 PEP4U Yoga for Parkinson's 11 Chair Yoga - \$2 11:30 Lunch-RR 12:30 Mental health support group 1 Inter Oil/Acrylic painting/E 1 Chair Dance Vision Class-RR 2 Dance Vision 2 & 3 - Apple help with Don-RR	5 9 & 10 Balance & Mobility - E 10 TOPS Meeting 11:30 Lunch-RR-with Arnie DiCioccio on piano 12:30 Cribbage 12:45 Movie Day 1 Game time
8 9 & 10 Balance & Mobility - E 9 Legal Assistance-RR 10 PEP4U Tremble Clef Practice 10 CA Driver's License Renewal Prep - RR 11:30 Lunch-RR-Sunshine Band 1 Game time 1 MemorialCare's Roneet presents on Fraud/Scam -RR 1 Dance Vision 2:30 Tai Chi	9 9 Balance & Mobility - E 10 Beg. Chair Exercise - E 11:30 Lunch-RR-Joe Ritkes sings 12 Knit and Crochet Club 12:30 Poker 1:00 Bingo 1:30 Paint & Sip w/Carmen & Optum-RR 1:30 Laughter Yoga w/Pam	10 9 Wire Wrapping Class - E 9 & 10 Balance & Mobility - E 10 & 11 Tech. help with Ken-RR 11:30 Lunch-RR-James Woods 12:30 Caregiver support group 1 Inter. Knitting - Emeritus 1 Tai Chi - Emeritus 2 Grief Share	11 9 Balance & Mobility - E 10 Beg. Chair Exercise - E 10 PEP4U 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 Chair Dance Vision Class-RR 2 Dance Vision 2 & 3 - Apple help with Don-RR	12 9 & 10 Balance & Mobility - E 10 TOPS Meeting 10 Parkinson's coffee chat with PEP4U 11:30 Lunch-RR with Arnie DiCioccio on piano 12:30 Cribbage 12:45 Movie Day 1 Game time
15 9 HICAP - RR 9 & 10 Balance & Mobility - E 10 PEP4U Tremble Clef Practice 11:30 Lunch-RR-Tremble Clef's 1 Game time 1 Dance Vision 2:30 Tai Chi	16 9 Balance & Mobility - E 10 Beg. Chair Exercise - E 10 Vaccine clinic-RR 11:30 Lunch-RR-Tony Rogers 12 Knit and Crochet Club 12:30 Poker 1:00 Bingo 1:30 Creative Coloring Workshop with Peggy-RR	17 9 Wire Wrapping Class - E 9 & 10 Balance & Mobility - E 10 Financial Consultations with Tim Bryant - RR 10 & 11 Tech. help with Ken-RR 11:30 Lunch-RR-Harmonaires 12:30 Caregiver support group 1 Inter. Knitting - Emeritus 1 Tai Chi - Emeritus 2 Grief Share	18 9 Balance & Mobility - E 10 Beg. Chair Exercise - E 10 PEP4U Yoga for Parkinson's 11 Chair Yoga - \$2 11:30 Lunch-RR 12:30 Mental health support group 1 Inter Oil/Acrylic painting/E 2 Golden Age of Television with Dr. Michelle Stanton 1 Chair Dance Vision Class-RR 2 Dance Vision 2 & 3 - Apple help with Don-RR	19 9 & 10 Balance & Mobility - E 10 TOPS Meeting 11:30 Lunch-RR with Arnie DiCioccio on piano 12:30 Cribbage 12:45 Movie Day 1 Game time



22	23	24	25	26
<p>9 &amp; 10 Balance &amp; Mobility – E</p> <p>9 HICAP – RR</p> <p>10 PEP4U Tremble Clef Practice</p> <p>10 CA Driver's License Renewal/Prep – RR</p> <p>11:30 Lunch-RR</p> <p>1 Game time</p> <p>1 Dance Vision</p> <p>2:30 Tai Chi</p>	<p>9 Balance &amp; Mobility – E</p> <p>10 Beg. Chair Exercise – E</p> <p>10 Advanced Card Making with CJ – RR</p> <p>11:30 Lunch-RR-Silver Singers</p> <p>12 Knit and Crochet Club</p> <p>12:30 Poker</p> <p>1:00 Bingo</p> <p>2 Laughter Yoga by Pam – RR</p> <p>1 Beginner Card Making w/CJ – RR</p>	<p>9 Wire Wrapping Class/E</p> <p>9 &amp; 10 Balance &amp; Mobility – E</p> <p>10 &amp; 11 Tech. help with Ken-RR</p> <p>10 MemorialCare Medicare information session with Jose</p> <p>11:30 Lunch-RR-James Woods</p> <p>12:30 Caregiver support group</p> <p>12:30 Art4Healing – RR</p> <p>1 Inter. Knitting – Emeritus</p> <p>1 Tai Chi – Emeritus</p> <p>2 Grief Share</p>	<p>9 Balance &amp; Mobility – E</p> <p>10 Beg. Chair Exercise – E</p> <p>10:00 Therapy Dogs visiting</p> <p>10 PEP4U Yoga for Parkinson's</p> <p>11 Chair Yoga – \$2</p> <p>11:30 Lunch-RR-Street Performers</p> <p>12:30 Mental health support group</p> <p>1 Inter Oil/Acrylic painting/E</p> <p>1 Chair Dance Vision Class-RR</p> <p>2 Dance Vision</p> <p>2 Golden Age of Television with Dr. Michelle Stanton</p> <p>2 &amp; 3 – Apple help with Don-RR</p>	<p>9 &amp; 10 Balance &amp; Mobility – E</p> <p>10 TOPS Meeting</p> <p>10 Parkinson's coffee chat with PEP4U</p> <p>11:30 Lunch-RR-with Arnie</p> <p>DiCioccio on piano &amp; Monthly Birthday Celebrations</p> <p>12:30 Cribbage</p> <p>12:45 Movie Day</p> <p>1 Game time</p> <p>1:30 Optum Fun event TBD - RR</p>
29	30	October 1	October 2	October 3
<p>9 &amp; 10 Balance &amp; Mobility – E</p> <p>9 HICAP – RR</p> <p>10 PEP4U Tremble Clef Practice</p> <p>11:30 Lunch-RR</p> <p>1 Game time</p> <p>1 Dance Vision</p> <p>2:30 Tai Chi</p>	<p>9 Balance &amp; Mobility – E</p> <p>10 Beg. Chair Exercise – E</p> <p>10 Advanced Card Making w/CJ-RR</p> <p>11:30 Lunch-RR-Silver Singers</p> <p>12 Knit and Crochet Club</p> <p>12:30 Poker</p> <p>1:00 Bingo</p> <p>1 Beginner Card Making w/CJ – RR</p>	<p>9 Wire Wrapping Class/E</p> <p>9 &amp; 10 Balance &amp; Mobility – E</p> <p>11:30 Lunch-RR-James Woods</p> <p>12:30 Caregiver support group</p> <p>1 Inter. Knitting – Emeritus</p> <p>1 Tai Chi – Emeritus</p> <p>2 Grief Share</p>	<p>9 Balance &amp; Mobility – E</p> <p>10 Beg. Chair Exercise – E</p> <p>10 PEP4U Yoga for Parkinson's</p> <p>11 Chair Yoga – \$2</p> <p>11:30 Lunch-RR</p> <p>12:30 Mental health support group</p> <p>1 Inter Oil/Acrylic painting/E</p> <p>1 SCAM STOPPER SEMINAR presented by Senator Blakespear's office</p> <p>1 Chair Dance Vision Class-RR</p> <p>2 Dance Vision</p> <p>2 Golden Age of Television with Dr. Michelle Stanton</p> <p>2 &amp; 3 – Apple help with Don - RR</p>	<p>9 &amp; 10 Balance &amp; Mobility – E</p> <p>10 TOPS Meeting</p> <p>11:30 Lunch-RR with Arnie</p> <p>DiCioccio on piano</p> <p>12:30 Cribbage</p> <p>12:45 Movie Day</p> <p>1 Game time</p>

### October Seak Peaks of fun to come to FSSC:

Thursday Oct 2<sup>nd</sup> – 1pm - Join us for Scan Stopper Seminar presented by Senator Blakespear's office

Tuesday Oct 7<sup>th</sup> – 1:30pm Pumpkin Painting with Carmen and Optum – RR

Wednesday Oct 22<sup>nd</sup> 10:00am – Medicare 101 with Jose Juarez of MemorialCare

Friday Oct 24<sup>th</sup> at 9am – HICAP Annual enrollment Clinic – RR

Wednesday Oct 29<sup>th</sup> 1:30pm – Medicare 101 Options for 2026 with Carmen Llort

**Big FUNdraiser to be announced for October – more soon!**