

PLEASE JOIN US FOR A
**HOLIDAY
LUNCHEON**

**FRIDAY
DECEMBER 19TH
11:30AM-12:30PM**

MUSIC, TREATS & FUN!

Wear an ugly sweater & enter
our ugly sweater contest!

117 Avenida Victoria, San Clemente
rsvp at 949-498-3322



Age Well

FLORENCE SYLVESTER
SENIOR CENTER

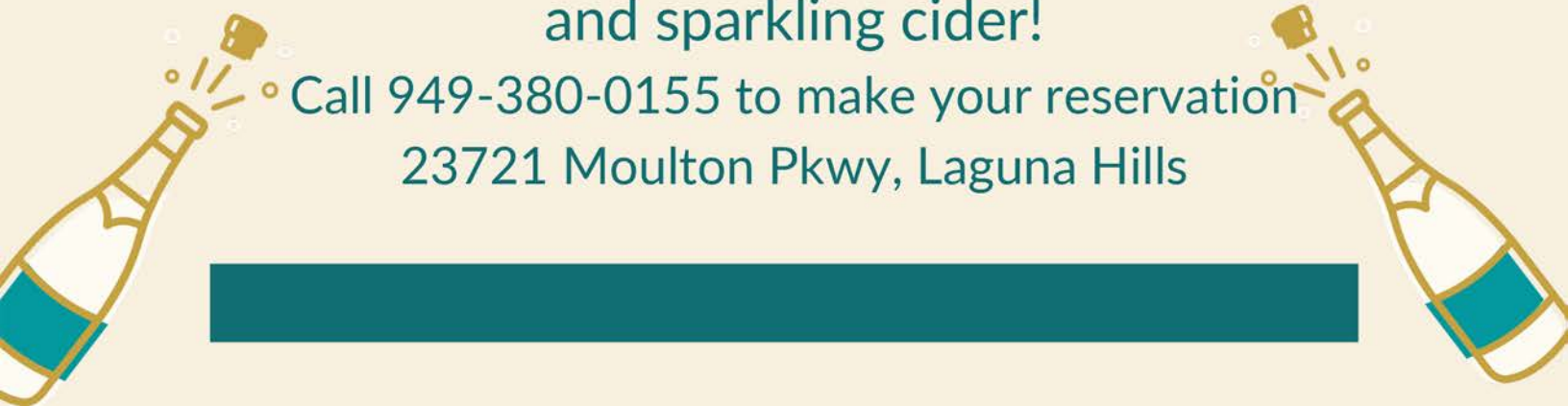
NEW YEAR
2026

*Celebration
Luncheon Party*
WEDNESDAY, DEC 31ST

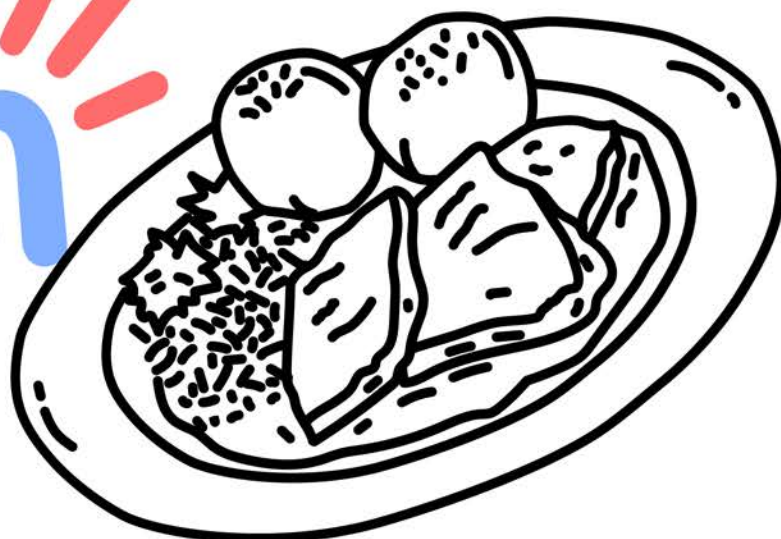
11:30AM-12:30PM

Join us & celebrate the New Year.
There will be music, dancing, food,
and sparkling cider!

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



**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.**



Caregiver Support Group

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

er
Wednesdays at 12:30pm

Why Attend?

- Share and Learn - Exchange tips and strategies with others who truly understand your journey
- Emotional Support - Find comfort and understanding in a group that empathizes with your daily struggles and joys
- Recharge - Take a moment for yourself in a supportive environment that acknowledges your hard work and dedication

23721 Moulton Pkwy, Laguna Hills 949-380-0155



Age Well | FLORENCE SYLVESTER
SENIOR CENTER

Mental Health Support group

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

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

**Thursdays
12:30pm**

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





**EMERITUS
INSTITUTE**

Sign up for the Spring semester NOW

*Classes offered at Florence Sylvester
Senior Center*

- **Balance and Mobility**
- **Tai Chi**
- **Chair Exercises**
- **Intermediate Knitting**
- **Intermediate Painting in Oil/Acrylic**

Age Well | FLORENCE SYLVESTER
SENIOR CENTER



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

- **Knit and Crochet Club**

Do you like to knit or crochet? Are you looking to learn or working on a project and need help? Maybe you just want to knit or crochet with a new friend and socialize. Come join the group every Tuesday.

When: Tuesdays, 12:00pm

- **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 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



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

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





Orange County Tremble Clefs

A therapeutic singing group for people with Parkinson's Disease and their care partners.

*Mondays at 10:00 a.m. at the
Florence Sylvester Memorial Senior Center
Wednesdays on Zoom*

*For more information, contact PEP4U at
info@pep4u.org*

How does music therapy/singing help people with Parkinson's disease?

Music therapy/singing helps people with Parkinson's disease by addressing various symptoms and improving overall quality of life.

Here are some of the ways music therapy singing can benefit individuals with Parkinson's disease:

- **Improves Motor Function**

Music therapy can enhance gait, coordination, and overall mobility through rhythmic and movement-based interventions.

- **Enhances Voice and Speech**

Therapeutic singing exercises can improve vocal strength, clarity, and projection, addressing common speech impairments associated with Parkinson's

- **Boosts Mood and Emotional Well-being**

Singing and active music-making promote emotional expression and reduce anxiety and depression, fostering a positive mental state.

- **Promotes Social Connection:**

Group singing creates a sense of community, helping individuals and their caregivers feel supported and less isolated.

- **Improves Quality of Life**

By addressing both motor and non-motor symptoms, music therapy enhances overall well-being and treatment adherence.

Music therapy/singing is a holistic and effective approach to managing Parkinson's disease, offering a range of benefits that can significantly improve the quality of life for those affected by the condition.



TECHSUPPORT

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

Wednesdays by Appointment at 10am & 11am



ADULT DAY PROGRAM AT MOUNT OF OLIVES CHURCH

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

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LIC#30-6000147

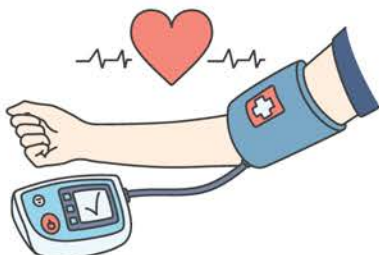
Age Well | FLORENCE SYLVESTER
SENIOR CENTER

**Free Blood pressure
check**



with **MemorialCare**™

Tuesdays:
11am - 12:30pm
Oct. 14th and Oct. 28th
Nov. 25th
Dec. 9th and Dec. 23rd



Florence Sylvester Senior Center
23721 Moulton Pkwy, Laguna Hills - 949-701-1644



Age Well | FLORENCE SYLVESTER
SENIOR CENTER

**DANCE
VISION
FOUNDATION**

Let's Dance



Dance Vision Class

Science Says: Dance is the Answer!

Now that the data is in we can definitely 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



(949) 855-9766



AWTransportation@myagewell.org

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



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

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.



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1316359360 April 2024

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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.



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

Marlene B. Bridges, DRE 01232928

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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 (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

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Best Value

**12 HOUR
Package**

Complete

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LTC Family Educator
Lorena Gutierrez

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.



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





Complimentary Gift Wrapping

*Provided by Ken Samantha from Humana
healthcare*

Monday, December 15th 10:00—12:00

**Bring your gifts, stay and enjoy cup of
coffee and cookies**



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SENIOR CENTER



Is it Time for Memory Care?



Take this 4-minute
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It's personalized and
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ActivCare: The Memory Care Experts

Looking for the right option for your loved one
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Ask the Memory Care Experts at ActivCare.
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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.

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 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.
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Sonja Krafcik, M.D.
Laguna Niguel
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Laguna Niguel, CA 92677
(949) 831-3686



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Laguna Hills, CA 92653
(949) 425-0321



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Laguna Hills, CA 92653
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Katherine Manasson, M.D.
Laguna Hills
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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***

11/7-Stand by me

11/14 – Ryan White Story

11/21 - 10 things I hate about you

12/5 – Murder Mystery

12/12– Nutty Professor

12/19 – The Christmas Story

1/2– Cape Fear

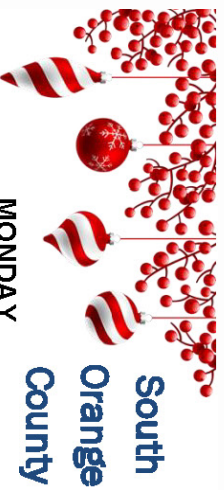
1/9 Anne Frank

1/16 All About Eve

1/23 Vertigo

949-380-0155

Florence Sylvester Senior Center
23721 Moulton Pkwy, Laguna Hills



South
Orange
County

December 2025 Menu

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

Age Well®
Orange County's partner in aging

CHRIS HERNANDEZ, RDH



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

ITALIAN BEEF MEATBALL SUB SANDWICH Tuscan Bean Soup Orange Apple Sauce Milk	CHICKEN WALDORF SANDWICH Cream of Broccoli Soup Cinnamon Baked Apple Milk	GREEK CHICKEN SLIDER w/TZATZIKI SAUCE Greek Tomato Salad Cantaloupe Milk	BEEF CHILI Roasted Potatoes Rainbow Salad Wheat Roll Cantaloupe Milk	TERIYAKI CHICKEN Zucchini Squash Medley Macaroni Salad Mandarin Cup Oatmeal Raisin Cookie Milk
1	2	3	4	5
BEEF MEATBALLS w/MARINARA French Bistro Salad Spaghetti Pineapple Cup Milk	CHICKEN SHAWARMA Mediterranean Salad Pita Bread Orange Pound Cake Milk	BEEF w/BEAN TACOS w/ TOMATILLO SLAW Corn Salad Spanish Rice Tropical Fruit Milk	CHICKEN POT PIE Ranch Salad Mandarin Cup Milk	CHICKEN TARRAGON SANDWICH Tomato Basil Soup Orange Juice Cantaloupe Milk
8	9	10	11	12
CHICKEN KEBAB Moroccan Carrots Mediterranean Pasta Salad Orange Juice Pineapple Cup Milk	TUSCAN SALMON Butter Green Beans Whole Wheat Pasta Orange Juice Oatmeal Raisin Cookie Milk	SESAME CHICKEN Cauliflower Broccoli Soup Ginger Brown Rice Cinnamon Baked Apple Milk	CHICKEN BANH MI SANDWICH Carrot Soup Tropical Fruit Cup Milk	ROASTED TURKEY w/CRANBERRY SAUCE Garlic Mashed Potatoes & Gravy Corn Bread Stuffing Green Beans Pumpkin Pie; Milk
15	16	17	18	19
BEEF STROGANOFF Steamed Green Beans Whole Wheat Penne Pasta Mandarin Cup Milk	CILANTRO LIME CHICKEN Mediterranean Salad Lemon Thyme Brown Rice Orange Oatmeal Raisin Cookie Milk	BBQ CHICKEN SLIDER Zucchini Apple Soup Orange Juice Chocolate Chip Cookie Milk	CLOSED 	BEEF MEATLOAF Garlic Mashed Potatoes Sauté Peas & Carrots Wheat Roll: Orange Apple Sauce & Milk
22	23	24	25	26
BEEF SLOPPY JOE Creamy Coleslaw Apple Sauce Orange Juice Milk	CHIPOTLE CHICKEN SANDWICH Tomato Basil Soup Tropical Fruit Milk	CREAMY LEMON CHICKEN Ranch Salad Penne Pasta Orange Oatmeal Raisin Cookie Milk	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 _____ or by calling _____. No special requests or menu substitutions. Menu subject to change without notice. Our menus, per meal, average 500 - 700 calories	
29	30	31		



Meal contains sodium over 1000mg

All meals comply with the Dietary Guidelines for Americans (DGA) 2020-2025 & Dietary Reference Intakes (DRI) for older adults as determined by the California Dept. of Human Services Agency & the U.S. Dept. of Agriculture. Age Well may substitute a menu with equal nutritional value due to food price or food availability. This project is funded in part through a grant from the California Department of Aging, as allocated by the Orange County Board of Supervisors & administered by the Office on Aging.

Monday	Tuesday	Wednesday	Thursday	Friday
1 9 & 10 Balance & Mobility – E 10 PEP4U Tremble Clef Practice 11:30 Lunch-RR 1 Game time 1 Dance Vision RR 2:30 Tai Chi	2 9 Balance & Mobility – E 10 Beg. Chair Exercise – E 11:30 Lunch-RR – Chinese Dancers 12 Knit and Crochet Club 12:30 Poker 1:00 Bingo	3 9 Wire Wrapping Class - E 9 & 10 Balance & Mobility – E 10 – MemorialCare – Jose Juarez Medicare info 10-12 Medicare assistance with Humana's Ken Samantha (lobby) 11:30 Lunch-RR-James Woods 10 Parkinson's coffee chat with PEP4U 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 2 Dance Vision 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 1:30 Crafting with Carmen & Optum – Holiday Mason Jars
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 Sunshine Band VETERANS DAY CELEBRATION 1 Game time 1 Dance Vision RR 1:30 Doc Talk RR 2:30 Tai Chi	9 9 Balance & Mobility – E 10 Beg. Chair Exercise – E 11-12:30 Blood pressure checks by MemorialCare 11:30 Lunch-RR 12 Knit and Crochet Club 12:30 Poker 1:00 Bingo	10 9 Wire Wrapping Class - E 9 & 10 Balance & Mobility – E 10 Tech Help by appt. 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 2 Last Laughter Yoga for 2025 2 Dance Vision RR	12 9 & 10 Balance & Mobility – E 10 TOPS Meeting 10 – MemorialCare Speaker 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 10:00 – 12:00 Gift Wrapping - Humana 11:30 Lunch-RR—Tremble Clef singers 1 Dance Vision RR 2:30 Tai Chi	16 9 Balance & Mobility – E 10 Beg. Chair Exercise – E 11:30 Lunch Tony Rogers-RR 12 Knit and Crochet Club 12:30 Poker 1:00 Bingo	17 9 Wire Wrapping Class - E 9 & 10 Balance & Mobility – E 10 Tech Help by appt 11:30 Lunch-RR-Harmonaires 12:30 At4Healing RR 12:30 Caregiver support group 1 Inter. Knitting – Emeritus 1 Tai Chi – Emeritus 2 Grief Share	18 10 Medication Consultations-RR 10 PEP4U Yoga for Parkinson's 11 Chair Yoga - \$2 11:30 Lunch-RR- 12:30 Mental health support group 2 Dance Vision RR	19 10 TOPS Meeting 11:30 Holiday Lunch-RR with Arnie DiCioccio on piano 12:30 Cribbage 12:45 Movie Day 1 Game time

22	23	24	25	26
9 HICAP – RR 10 PEP4U Tremble Clef Practice 10 CA Driver's License Renewal Prep – RR 11:30 Lunch-RR 1 Game time 1 Dance Vision RR 2:30 Tai Chi	11-12:30 Blood pressure checks by MemorialCare 11:30 Lunch-RR-Silver Singers 12 Knit and Crochet Club 12:30 Poker 1:00 Bingo	10 Parkinson's coffee chat with PEP4U 10 Tech Help by appt 11:30 Lunch-RR-James Woods 12:30 Caregiver support group 2 Grief Share	CLOSED	10 TOPS Meeting 11:30 Lunch-RR with Arnie DiCioccio on piano 12:30 Cribbage 12:45 Movie Day 1 Game time
29	30	31		
9 HICAP – RR 10 PEP4U Tremble Clef Practice 10 CA Driver's License Renewal Prep – RR 11:30 Lunch-RR 1 Game time 1 Dance Vision RR 2:30 Tai Chi	11-12:30 Blood pressure checks by MemorialCare 11:30 Lunch-RR- 12 Knit and Crochet Club 12:30 Poker 1:00 Bingo	10 Parkinson's coffee chat with PEP4U 10 Tech Help by appt 11:30 Lunch-RR-James Woods 12:30 Caregiver support group 2 Grief Share		

Happy Holidays!

RR = Reservations Required • E = Emeritus Class • Calendar subject to changes