

Age Well

FLORENCE SYLVESTER SENIOR CENTER

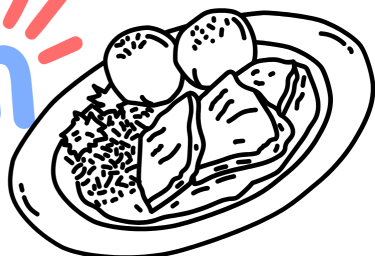


23721 Moulton Pkwy., Laguna Hills, CA 92653

(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.





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.



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

2026 Schedule

January 28
February 25
March 25
April 29
May 27
June 24
July 29
August 26
September 30
October 28
November 18

(3rd Wednesday due to Thanksgiving)

December 16

(3rd Wednesday due to Christmas)

www.art4healing.org

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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

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Caregiver Support Group

Are you caring for a loved one and feeling overwhelmed? You're not alone. Our caregivers support group is here to offer you a safe space to share your experiences, challenges and victories.

WHEN: Wednesdays, 12:30pm

WHERE: Florence Sylvester Senior Center

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
- Expert Guidance - Led by Regina Jennings, LCSWR
- Recharge - Take a moment for yourself in a supportive environment that acknowledges your hard work and dedication



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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



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Rock Painting with **Optum** Friday January 9th at 1:30pm

Call 949-380-0155 to
reserve your place

Florence Sylvester Senior Center
23721 Moulton Pkwy, Laguna Hills



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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



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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](https://www.tops.org)
Call 949-380-0155 for questions
23721 Moulton Pkwy, Laguna Hills





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

Enjoy flexible weekday shifts that fit your schedule

Help seniors maintain their independence and well-being

Experience a greater sense of purpose and fulfillment.

Scan the QR code to apply now!



FRIDAY MOVIES

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

January 2026 Movies

January 2nd - Cheaper by the Dozen

January 9th - Anne Frank

January 16th - Dr. Doolittle

January 23rd - Overcomer

January 30th - Let it Snow

949-380-0155

Florence Sylvester Senior Center
23721 Moulton Pkwy, Laguna Hills

**CARE
MANAGEMENT**

OUR CARE MANAGEMENT
PROGRAM CONSISTS OF:

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

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

(949) 441-9558

CARE MANAGEMENT

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

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

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

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

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

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



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

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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.

February 26
April 30
June 25
August 20
October 29

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



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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.



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& guidance.

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and your family.

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Laguna Hills FD1293 OConnorMortuary.com



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

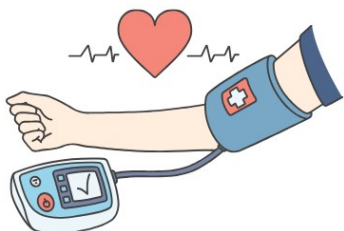
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**Free Blood pressure
check**



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

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**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

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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

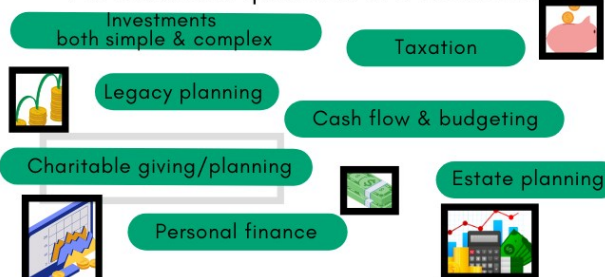
1:30pm - Games begin

23721 Moulton Pkwy, Laguna Hills
949-380-0155

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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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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

MONDAY


TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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 front desk or by calling 949-498-3322 . No special requests or menu substitutions. Menu subject to change without notice. Our menus, per meal, average 500 - 700 calories		CLOSED Happy New Year 2026		SALISBURY BEEF STEAK Garlic Mashed Potatoes Carrot Raisin Slaw Wheat Roll Orange Milk
MONGOLIAN CHICKEN Asian Coleslaw Ginger Brown Rice Mandarin Cup Milk	GROUND BEEF PHILLY Tex Mex Soup Hoagie Roll Orange Chocolate Chip Cookie Milk	CHICKEN CACCIATORE Roasted Zucchini & Squash Italian Pasta Salad Orange Juice Pound Cake Milk	CHICKEN SALSA VERDE Mexican Coleslaw Spanish Rice Pineapple Cup Milk	CHIMICHURRI SALMON Green Bean Salad Linguine Cantaloupe Milk
BEEF CHILI Roasted Potatoes Rainbow Salad Wheat Roll Cantaloupe Milk	CHICKEN WALDORF SANDWICH Cream of Broccoli Soup Cinnamon Baked Apple Milk	ITALIAN BEEF MEATBALL SUB SANDWICH Tuscan Bean Soup Orange Apple Sauce Milk	GREEK CHICKEN SLIDER w/TZATZIKI SAUCE Greek Tomato Salad Cantaloupe Milk	TERIYAKI CHICKEN Zucchini Squash Medley Macaroni Salad Mandarin Cup Oatmeal Raisin Cookie Milk
CLOSED MARTIN LUTHER KING DAY	BEEF w/BEAN TACOS w/TOMATILLO SLAW Corn Salad Spanish Rice Tropical Fruit Milk	CHICKEN POT PIE Ranch Salad Mandarin Cup Milk	CHICKEN SHAWARMA Mediterranean Salad Pita Bread Orange Pound Cake Milk	CHICKEN TARRAGON SANDWICH Tomato Basil Soup Orange Juice Cantaloupe Milk
CHICKEN KEBAB Moroccan Carrots Mediterranean Pasta Salad Orange Juice Pineapple Cup Milk	SESAME CHICKEN Cauliflower Broccoli Soup Ginger Brown Rice Cinnamon Baked Apple Milk	TUSCAN SALMON Butter Green Beans Whole Wheat Pasta Orange Juice Oatmeal Raisin Cookie Milk	CHICKEN BANH MI SANDWICH Carrot Soup Tropical Fruit Cup Milk	CHEESEBURGER Rosemary Roasted Potatoes Cantaloupe Milk

 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 Closed	2 9-10 Balance & Mobility 10 – Tops 11:30 – Lunch RR Arnie DiCioccio (piano) 12:30 – Cribbage 12:45 – Movie 1 Games
5 9 HICCAP 10 Pep4u Tremble Clef Practice 11:30 Lunch RR 1 Game time 1 Dance Vision RR 2:30 Tai Chi	6 11:30 Lunch RR Joe Ritkes Sings with Keyboard 12 Knit and Crochet Club 12:30 Poker 1 Bingo	7 10 Parkinsons coffee chat Pep4u 10 Tech help by appt. 11:30 Lunch RR James Woods Piano 12:30 Caregiver Support Grp 1 Tai Chi E 2 Grief Share	8 10 PEP 4U yoga for Parkinsons 10 Caption Call Lobby 11 Chair Yoga \$2 11:30 Lunch RR Silver Singers (singers)	9 10 TOPS 11:30 – Lunch RR Arnie DiCioccio (piano) 12:30 Cribbage 12:45 Movie 1 Games 1:30 – Rock Painting Optum
12 9 HICCAP 9 & 10 Balance & Mobility 9 Legal Assistance by appt. 10 CA Driver's License Renewal Prep RR 10 Pep4u Tremble Clef Practice 10 Carmen Medicare - Lobby 11:30 Lunch RR Sunshine Band (singers) 1 Caregiver Resources 1 Game time 1 Dance Vision RR 2:30 Tai Chi	13 9 Balance & Mobility – E 10 Beg. Chair Exercise -E 11:30 Lunch 12 Knit and Crochet Club 12:30 Poker 1 Bingo	14 9 Wire Wrapping Class E 9 & 10 Balance & Mobility 10 Tech help by appt. 11:30 Lunch RR James Woods Piano 12:30 Caregiver Support Grp 1 Intermediate Knitting E 1 Tai Chi E 2 Grief Share	15 9 Balance & Mobility E 10 Beg. Chair Exercise E 10 Medication Consultation RR 10 PEP 4U yoga for Parkinsons 11 Chair Yoga \$2 11:30 Lunch 12:30 Mental Illness Support 1 Chair Dance Vision RR 2 Dance Vision RR	16 10 TOPS 11:30 – Lunch RR Arnie DiCioccio (piano) 12:30 Cribbage 12:45 Movie 1 inter. Oil/Acrylic Painting E 1 Games
19 Closed	20 9 Balance & Mobility – E 10 Beg. Chair Exercise -E 11:30 Lunch RR Tony Rogers Sings and dances 12 Knit and Crochet Club 12:30 Poker 1 Bingo 1:30 Suncatcher and Wind chimes craft - Optum	21 9 Wire Wrapping Class E 9 & 10 Balance & Mobility 10 Parkinsons coffee chat Pep4u 10 Tech help by appt. 10 Financial Consulting 11:30 Lunch RR Harmonaires 12:30 Caregiver Support Grp 1 Intermediate Knitting E 1 Tai Chi E 1:30 Crafting with Cameron – Butterfly's	22 9 Balance & Mobility E 10 Beg. Chair Exercise E 10 PEP 4U yoga for Parkinsons 11 Chair Yoga \$2 11:30 Lunch RR Street Performers 12:30 Mental Illness Support 1 Chair Dance Vision RR 2 Dance Vision RR	23 10 TOPS 11:30 – Lunch RR Arnie DiCioccio (piano) 12:30 Cribbage 12:45 Movie 1 inter. Oil/Acrylic Painting E 1 Games
26 9 HICCAP 10 CA Driver's License Renewal Prep RR 10 Pep4u Tremble Clef Practice 11:30 Lunch RR 1 Game time 1 Dance Vision RR 2:30 Tai Chi	27 9 Balance & Mobility – E 10 Beg. Chair Exercise -E 11:30 Lunch RR Silver singers (singers) 12 Knit and Crochet Club 12:30 Poker 1 Bingo	28 9 Wire Wrapping Class E 9 & 10 Balance & Mobility 10 Tech help by appt. 10 Financial Consulting 11:30 Lunch RR James Woods (piano) 12:30 Caregiver Support Grp 12:30 Art4 Healing 1 Intermediate Knitting E 1 Tai Chi E	29 9 Balance & Mobility E 10 Beg. Chair Exercise E 10 PEP 4U yoga for Parkinsons 11 Chair Yoga \$2 11:30 Lunch 12:30 Mental Illness Support 1 Chair Dance Vision RR 2 Dance Vision RR	30 9-10 Balance & Mobility 10 TOPS 11:30 Lunch RR Arnie DiCioccio (piano) 12:30 Cribbage 12:45 Movie 1 inter. Oil/Acrylic Painting E 1 Games

Happy New Year!

On-Site Social Work Support & Resources

Live Well. Live Independently.

Speaker



Roneet Cooper, LCSW
Community Outreach Social Worker

Join Us for an Empowering Community Session

Discover how to thrive on your own terms, with dignity, care, and confidence. This informative event will guide you through local resources and support programs you may qualify for, helping you stay independent and connected.

Let's build a stronger, more supportive community, together.

Topic of the Month: Caregiver Resources

When:

Monday, January 12, 1 pm – 2 pm

Where:

Florence Sylvester Senior Center

Registration not required



For more information, contact Roneet Cooper at (949) 741-0032 or RCooper@memorialcare.org

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.



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Lake Forest, CA 92630
(949) 770-7301



Jeffrey Globus, M.D.
Mission Viejo
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Mission Viejo, CA 92691
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Behnaz Haghighi-Motilgh, M.D.
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Sonja Krafchik, M.D.
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Shannon O'Connor, M.D.
Aliso Viejo
5 Journey, Suite 130
Aliso Viejo, CA 92656
(949) 360-1069

gnpweb.com | (800) 553-6537

Greater Newport Physicians
MemorialCare

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 Yacoub, 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

Hours of operation
Mon - Fri: 8:00 a.m. - 5:30 p.m. Sat: 10:00 a.m. - 4:00 p.m.

Irvine
22 Odyssey, Ste. 115
Irvine, CA 92618
Office: (949) 988-7550



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



By calling the number, you will be directed to a licensed insurance agent. Other providers are available in our network.

229L-ANDM65DEN1

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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



parentis
health.



(833) 247-9111 ext. 554

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

LTC Family Educator
Lorena Gutierrez