

# Age Well

FLORENCE SYLVESTER  
SENIOR CENTER

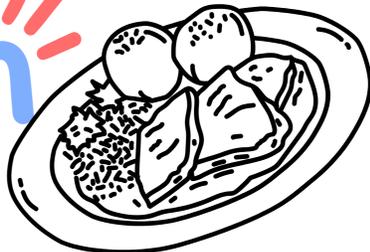


23721 Moulton Pkwy., Laguna Hills, CA 92653

(949) 380-0155

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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](mailto: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

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## 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](http://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



23721 Moulton Pkwy, Laguna Hills

949-380-0155

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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](http://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!



*January 2026 Movies*

January 2<sup>nd</sup> - Cheaper by the Dozen

January 9<sup>th</sup> - Anne Frank

January 16<sup>th</sup> - Dr. Doolittle

January 23<sup>rd</sup> - Overcomer

January 30<sup>th</sup> - Let it Snow

949-380-0155

Florence Sylvester Senior Center  
23721 Moulton Pkwy, Laguna Hills



## 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

Orange County's partner in aging

### 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)



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

(949) 855-9766
 [AWTransportation@myagewell.org](mailto:AWTransportation@myagewell.org)

SCAN TO GET STARTED



Scan to visit the website and access the application

# 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**



## 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.



# Helping FAMILIES

Kindness,  
compassion  
& guidance.

We are here for you  
and your family.

877.872.2736

O Connor  
MORTUARY  
*Experience Compassion*



## 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

CALL OR GO ONLINE NOW  
949-581-3800 | [ADP.MOOCURCH.ORG](http://ADP.MOOCURCH.ORG)

LIC#30-6000147

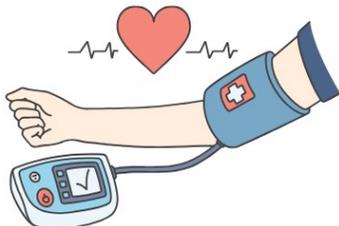
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**Free Blood pressure check**



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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*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 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*



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REAL ESTATE  
CONCIERGE™**  
MOBILE (714) 745-2592  
OFFICE (949) 363-0901



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- Coordinate Estate Sales, Moving, Storage of Personal Property
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- Provide Strategic Marketing Plans
- Provide Complimentary Staging
- Clearly Communicate Throughout The Process

Marlene B. Bridges, DRE 01232928

Village Real Estate Services

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www.OCHomesAndRealEstate.com

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SENIOR CENTER

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

## Tony Rogers



Performing the Third (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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>SUGGESTED CONTRIBUTION - 60 YRS OR OLDER: \$5.50</b> <b>COST - 59 YEARS OR YOUNGER: \$7.50</b></p> <p>Reservations are required &amp; must be made by 12pm 2 business days in prior to reservation date. You can RSVP in person at <b>front desk</b> or by calling <b>949-498-3322</b>. No special requests or menu substitutions. Menu subject to change without notice. Our menus, per meal, average 500 - 700 calories</p>			<p><b>CLOSED</b> Happy New Year <b>2026</b></p>	<p><b>SALISBURY BEEF STEAK</b> Garlic Mashed Potatoes Carrot Raisin Slaw Wheat Roll Orange Milk</p> <p style="text-align: right;"><b>2</b></p>
<p><b>MONGOLIAN CHICKEN</b> Asian Coleslaw Ginger Brown Rice Mandarin Cup Milk</p> <p style="text-align: right;"><b>5</b></p>	<p><b>GROUND BEEF PHILLY</b> Tex Mex Soup Hoagie Roll Orange Chocolate Chip Cookie Milk</p> <p style="text-align: right;"><b>6</b></p>	<p><b>CHICKEN CACCIATORE</b> Roasted Zucchini &amp; Squash Italian Pasta Salad Orange Juice Pound Cake Milk</p> <p style="text-align: right;"><b>7</b></p>	<p><b>CHICKEN SALSA VERDE</b> Mexican Coleslaw Spanish Rice Pineapple Cup Milk</p> <p style="text-align: right;"><b>8</b></p>	<p><b>CHIMICHURRI SALMON</b> Green Bean Salad Linguine Cantaloupe Milk</p> <p style="text-align: right;"><b>9</b></p>
<p><b>BEEF CHILI</b> Roasted Potatoes Rainbow Salad Wheat Roll Cantaloupe Milk</p> <p style="text-align: right;"><b>12</b></p>	<p><b>CHICKEN WALDORF SANDWICH</b> Cream of Broccoli Soup Cinnamon Baked Apple Milk</p> <p style="text-align: right;"><b>13</b></p>	<p><b>ITALIAN BEEF MEATBALL SUB SANDWICH</b> Tuscan Bean Soup Orange Apple Sauce Milk</p> <p style="text-align: right;"><b>14</b></p>	<p><b>GREEK CHICKEN SLIDER w/TZATZIKI SAUCE</b> Greek Tomato Salad Cantaloupe Milk</p> <p style="text-align: right;"><b>15</b></p>	<p><b>TERIYAKI CHICKEN</b> Zucchini Squash Medley Macaroni Salad Mandarin Cup Oatmeal Raisin Cookie Milk</p> <p style="text-align: right;"><b>16</b></p>
<p><b>CLOSED</b> <b>MARTIN LUTHER KING DAY</b></p> <p style="text-align: right;"><b>9</b></p>	<p><b>BEEF w/BEAN TACOS w/TOMATILLO SLAW</b> Corn Salad Spanish Rice Tropical Fruit Milk</p> <p style="text-align: right;"><b>20</b></p>	<p><b>CHICKEN POT PIE</b> Ranch Salad Mandarin Cup Milk</p> <p style="text-align: right;"><b>21</b></p>	<p><b>CHICKEN SHAWARMA</b> Mediterranean Salad Pita Bread Orange Pound Cake Milk</p> <p style="text-align: right;"><b>22</b></p>	<p><b>CHICKEN TARRAGON SANDWICH</b> Tomato Basil Soup Orange Juice Cantaloupe Milk</p> <p style="text-align: right;"><b>23</b></p>
<p><b>CHICKEN KEBAB</b> Moroccan Carrots Mediterranean Pasta Salad Orange Juice Pineapple Cup Milk</p> <p style="text-align: right;"><b>26</b></p>	<p><b>SESAME CHICKEN</b> Cauliflower Broccoli Soup Ginger Brown Rice Cinnamon Baked Apple Milk</p> <p style="text-align: right;"><b>27</b></p>	<p><b>TUSCAN SALMON</b> Butter Green Beans Whole Wheat Pasta Orange Juice Oatmeal Raisin Cookie Milk</p> <p style="text-align: right;"><b>28</b></p>	<p><b>CHICKEN BANH MI SANDWICH</b> Carrot Soup Tropical Fruit Cup Milk</p> <p style="text-align: right;"><b>29</b></p>	<p><b>CHEESEBURGER</b> Rosemary Roasted Potatoes Cantaloupe Milk</p> <p style="text-align: right;"><b>30</b></p>

 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. Department 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
			<b>1</b> Closed	<b>2</b> 9-10 Balance & Mobility 10 – Tops 11:30 – Lunch RR Arnie DiCioccio (piano) 12:30 – Cribbage 12:45 – Movie 1 Games
<b>5</b> 9 HICCAP 10 Pep4u Tremble Clef Practice 11:30 Lunch RR 1 Game time 1 Dance Vision RR 2:30 Tai Chi	<b>6</b> 11:30 Lunch RR Joe Ritkes Sings with Keyboard 12 Knit and Crochet Club 12:30 Poker 1 Bingo	<b>7</b> 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	<b>8</b> 10 PEP 4U yoga for Parkinsons Pep4u 10 Caption Call Lobby 11 Chair Yoga \$2 11:30 Lunch RR Silver Singers (singers)	<b>9</b> 10 TOPS 11:30 – Lunch RR Arnie DiCioccio (piano) 12:30 Cribbage 12:45 Movie 1 Games 1:30 – Rock Painting Optum
<b>12</b> 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	<b>13</b> 9 Balance & Mobility – E 10 Beg. Chair Exercise -E 11:30 Lunch 12 Knit and Crochet Club 12:30 Poker 1 Bingo	<b>14</b> 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	<b>15</b> 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	<b>16</b> 10 TOPS 11:30 – Lunch RR Arnie DiCioccio (piano) 12:30 Cribbage 12:45 Movie 1 inter. Oil/Acrylic Painting E 1 Games
<b>19</b> Closed	<b>20</b> 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	<b>21</b> 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	<b>22</b> 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	<b>23</b> 10 TOPS 11:30 – Lunch RR Arnie DiCioccio (piano) 12:30 Cribbage 12:45 Movie 1 inter. Oil/Acrylic Painting E 1 Games
<b>26</b> 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	<b>27</b> 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	<b>28</b> 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	<b>29</b> 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	<b>30</b> 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](http://gnpweb.com) or call our Concierge Call Center at (800) 553-6537.



**Mohammed Ali, M.D.**  
Lake Forest  
23672 Birchler Drive  
Suite A  
Lake Forest, CA 92630  
(949) 770-7301



**Jeffrey Globus, M.D.**  
Mission Viejo  
26902 Oro Parkway  
Suite 140  
Mission Viejo, CA 92691  
(949) 916-8870



**Behnaz Haghighi-Motlagh, M.D.**  
Laguna Niguel  
27761 La Paz Road  
Suite 150  
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 198  
Laguna Hills, CA 92653  
(949) 425-0321



**Jonathan Lish, M.D.**  
Laguna Hills  
23159 Verdugo Drive  
Suite 107  
Laguna Hills, CA 92653  
(949) 363-5347



**Katherine Manasson, M.D.**  
Laguna Hills  
24422 Avenida de la Carlota, Suite 272  
Laguna Hills, CA 92653  
(949) 348-1085



**Mariah 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

[gnpweb.com](http://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

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LTC Family Educator  
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