

Age Well

FLORENCE SYLVESTER
SENIOR CENTER



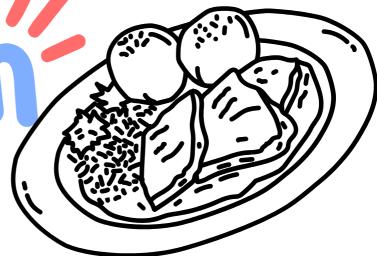
23721 Moulton Pkwy., Laguna Hills, CA 92653

(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.

You are invited to our

Valentine's Day
Luncheon

Friday

13

Feb. 2026

Join us for Music with
Arnie on the Piano

Call 949-498-3322
to make your lunch reservation

Age Well | FLORENCE SYLVESTER
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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.

ART & CREATIVITY FOR HEALING 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**

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



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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Mental Health Support group

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

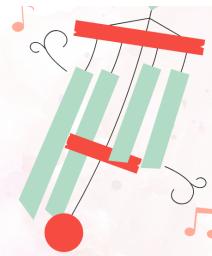
- Everyone is welcome, regardless of your experience.
- Come for peer support
- Reduce isolation
- Coping mechanism development
- Gaining new perspectives

**Thursdays
12:30pm**

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



Sound BATH



Healing Through Frequency

Find tranquility through
music & healing
frequencies.

Friday, February 13th
1:30 - 2:30 with Optum

- Breathwork & Grounding
- Sound Healing Guided
Meditation
- Deep Rest Soundscape

Age Well | FLORENCE SYLVESTER
SENIOR CENTER



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





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!

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FRIDAY MOVIES

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

2/6 Radio

2/13 An unexpected valentine

2/20 The American president

2/27 The last word

3/6 Love at first sight

3/13 The paper boy

3/20 RV

3/27 A league of their own

4/3 Little women

4/10 Selena

4/17 Like Father

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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

Age Well®

Orange County's partner in aging

Age Well

Orange County's partner in aging



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

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.

Call 949-380-0155 to schedule your appointment

Florence Sylvester Senior Center
23721 Moulton Pkwy, Laguna Hills 92653



February 26
April 30
June 25
August 20
October 29
Thursday
Appointments are 30 minutes starting at 10:00am to 12:30pm

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.

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and your family.

877.872.2736

O'Connor
MORTUARY
Experience Compassion



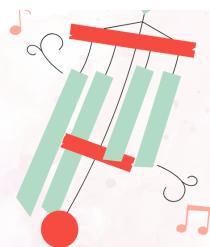
TECHSUPPORT

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



Sound BATH



Healing Through Frequency

Find tranquility through music & healing frequencies.

Friday, February 13th
1:30 - 2:30 with Optum

- Breathwork & Grounding
- Sound Healing Guided Meditation
- Deep Rest Soundscape

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

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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

*Marlene
Bridges*



SRES
Seniors Real Estate Specialist®

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

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

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- 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

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www.OCHomesAndRealEstate.com

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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 question are welcome.

Investments
both simple & complex

Taxation



Legacy planning

Cash flow & budgeting

Charitable giving/planning



Estate planning



Personal finance



Join us on the 3rd Wednesday of every month.
10am to 11:30am

Call 949-380-0155 to make your appointment

Florence Sylvester Senior Center
23721 Moulton Parkway, Laguna Hills, CA 92653
myagewell.org - 949-380-0155

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



February 2026 Menu

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

Age Well®
Orange County's partner in aging
CHRIS HERNANDEZ RDN

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BEEF STROGANOFF Steamed Green Beans Whole Wheat Penne Pasta Mandarin Cup Milk 2	CILANTRO LIME CHICKEN Mediterranean Salad Lemon Thyme Brown Rice Orange Oatmeal Raisin Cookie Milk 3	BEEF MEATLOAF Garlic Mashed Potatoes Sauté Peas & Carrots Wheat Roll: Orange Apple Sauce & Milk 4	CHICKEN MARSALA Rainbow Salad Linguine Tropical Fruit Cup Milk 5	BBQ CHICKEN SLIDER Zucchini Apple Soup Orange Juice Chocolate Chip Cookie Milk 6
BEEF SLOPPY JOE Creamy Coleslaw Apple Sauce Orange Juice Milk 9	CREAMY LEMON CHICKEN Ranch Salad Penne Pasta Orange Oatmeal Raisin Cookie Milk 10	CHIPOTLE CHICKEN SANDWICH Tomato Basil Soup Tropical Fruit Milk 11	BUFFALO CHICKEN Honey Glazed Carrots Cilantro Lime Brown Rice Orange Chocolate Chip Cookie Milk 12	SALISBURY BEEF STEAK Garlic Mashed Potatoes Carrot Raisin Slaw Wheat Roll Orange Milk 13
CLOSED 	GROUND BEEF PHILLY Tex Mex Soup Hoagie Roll Orange Chocolate Chip Cookie Milk 17	CHICKEN CACCIATORE Roasted Zucchini & Squash Italian Pasta Salad Orange Juice Pound Cake Milk 18	CHICKEN SALSA VERDE Mexican Coleslaw Spanish Rice Pineapple Cup Milk 19	CHIMICHURRI SALMON Green Bean Salad Linguine Cantaloupe Milk 20
BEEF CHILI Roasted Potatoes Rainbow Salad Wheat Roll Cantaloupe Milk 23	CHICKEN WALDORF SANDWICH Cream of Broccoli Soup Cinnamon Baked Apple Milk 24	ITALIAN BEEF MEATBALL SUB SANDWICH Tuscan Bean Soup Orange Apple Sauce Milk 25	GREEK CHICKEN SLIDER w/TZATZIKI SAUCE Greek Tomato Salad Cantaloupe Milk 26	TERIYAKI CHICKEN Zucchini Squash Medley Macaroni Salad Mandarin Cup Oatmeal Raisin Cookie Milk 27
			SUGGESTED CONTRIBUTION 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	60 YRS OR OLDER: \$5.50

 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.

You are invited to our

Valentine's Day Luncheon

Friday

13

Feb. 2026

Join us for Music with
Arnie on the Piano

Call 949-498-3322
to make your lunch reservation

Age Well | FLORENCE SYLVESTER
SENIOR CENTER

Birdhouse Painting with Optum

Tuesday, February 24th 1:30 pm





February Calendar



Monday February 2nd

9 HICCAP
9 &10 Balance & Mobility
10 Pep4u Tremble Clef Practice
11:30 Lunch RR—Chinese Dancers
1 Game time
1 Dance for Wellness RR
2:30 Tai Chi

Thursday February 5th

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 for Wellness RR
2 Dance for Wellness RR

Tuesday February 10th

9 Balance & Mobility – E
10 Beg. Chair Exercise -E
11:30 Lunch
12 Knit and Crochet Club
12:30 Poker
1:00 Bingo

Tuesday February 3rd

9 Balance & Mobility – E
10 Beg. Chair Exercise -E
11:30 Lunch
12 Knit and Crochet Club
12:30 Poker
1:00 Bingo

Friday February 6th

10 – TOPS
11:30 – Lunch-Arnie on Piano
12:30 – Cribbage
12:45 – Movie
1:00 Games
1 inter. Oil/Acrylic Painting E

Wednesday February 11th

9 Wire Wrapping Class E
9 &10 Balance & Mobility
10 Tech help by appt.
11:30 Lunch
12:30 Caregiver Support Grp
1 Intermediate Knitting E
1 Tai Chi E
2 Grief Share

Wednesday February 4th

9 Wire Wrapping Class E
9 &10 Balance & Mobility
10 Parkinsons coffee chat Pep4u
10 Tech help by appt.
11:30 Lunch
12:30 Caregiver Support Grp
1 Intermediate Knitting E
1 Tai Chi E
2 Grief Share

Monday February 9th

9 HICCAP
9 &10 Balance & Mobility
10 CA Driver's License Renewal Prep RR
10 Carmen Medicare - Lobby
10 Pep4u Tremble Clef Practice
11:30 Lunch RR—Sunshine Band
1 MemorialCare Social Worker
1 Game time
1 Dance for Wellness RR
2:30 Tai Chi

Thursday February 12th

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—Silversingers
12:30 Mental Illness Support
1 Chair Dance for Wellness RR
2 Dance for Wellness RR



February Calendar



Friday February 13th

- 10 TOPS
- 11:30 Lunch—Arnie on Piano
- 12:30 Cribbage
- 12:45 Movie
- 1:00 Games
- 1 inter. Oil/Acrylic Painting E
- 1:30 Crafting with Carmen - Butterfly's

Monday February 16th

Holiday—Closed

Tuesday February 17th

- 9 Balance & Mobility – E
- 10 Beg. Chair Exercise -E
- 11:30 Lunch—Tony Rogers
- 12 Knit and Crochet Club
- 12:30 Poker
- 1:00 Bingo

Wednesday February 18th

- 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—Harmonaires
- 12:30 Caregiver Support Grp
- 1 Intermediate Knitting E
- 1 Tai Chi E

Thursday February 19th

- 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 for Wellness RR 2 2 Dance for Wellness RR

Friday February 20th

- 10 TOPS
- 11:30 Lunch—Arnie on Piano
- 12:30 Cribbage
- 12:45 Movie
- 1:00 Games
- 1 inter. Oil/Acrylic Painting E

Monday February 23rd

- 9 HICCAP
- 9 &10 Balance & Mobility
- 10 CA Driver's License Renewal Prep RR
- 10 Carmen Medicare - Lobby
- 10 Pep4u Tremble Clef Practice
- 11:30 Lunch RR
- 1 Game time
- 1 Dance for Wellness RR
- 2:30 Tai Chi

Tuesday February 24th

- 9 Balance & Mobility – E
- 10 Beg. Chair Exercise -E
- 11:30 Lunch—Silversingers
- 12 Knit and Crochet Club
- 12:30 Poker
- 1:00 Bingo

Wednesday February 25th

- 9 Wire Wrapping Class E
- 9 &10 Balance & Mobility
- 10 Tech help by appt.
- 10 Financial Consulting
- 11:30 Lunch
- 12:30 Caregiver Support Grp
- 12:30 Art4 Healing
- 1 Intermediate Knitting E
- 1 Tai Chi E

Thursday February 26th

- 9 Balance & Mobility E
- 10 Beg. Chair Exercise E
- 10 PEP 4U yoga for Parkinsons
- 10 Bill Liu – Medication Consult
- 11 Chair Yoga \$2
- 11:30 Lunch—Street Performers
- 12:30 Mental Illness Support
- 1 Chair Dance for Wellness RR
- 2 Dance for Wellness RR

Friday February 27th

- 10 TOPS
- 11:30 Lunch—Arnie on Piano
- 12:30 Cribbage
- 12:45 Movie
- 1:00 Games
- 1 inter. Oil/Acrylic Painting E

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:

Adult Day Cares -other topics VA, Transportation, Housing, etc.

When:

Monday, February 9, 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

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 Yacob, M.D.
Board Certified: Family Medicine

Lynn Napoli, M.D.
Family Medicine

Monica Harms, M.D.
Family Practice, Sports Nutritionist, Certified Personal Trainer

Stephen Lerardi, 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.

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.

22RLANSMB59EN01

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 Birchtree 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 Haghghi-Metagh, M.D.
Laguna Niguel
27781 La Paz Road
Laguna Niguel, CA 92677
(949) 831-0300



Sonja Krafick, 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 138
Laguna Hills, CA 92653
(949) 425-0321



Jonathan Lish, M.D.
Laguna Hills
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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 Marolla, 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

Greater Newport
Physicians
MemorialCare.

gnpweb.com | (800) 553-6537

Pop-in Care

A Parentis Health Company

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Best Value

12 HOUR
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Complete

24 HOUR
Package

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

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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!

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LTC Family Educator

Lorena Gutierrez