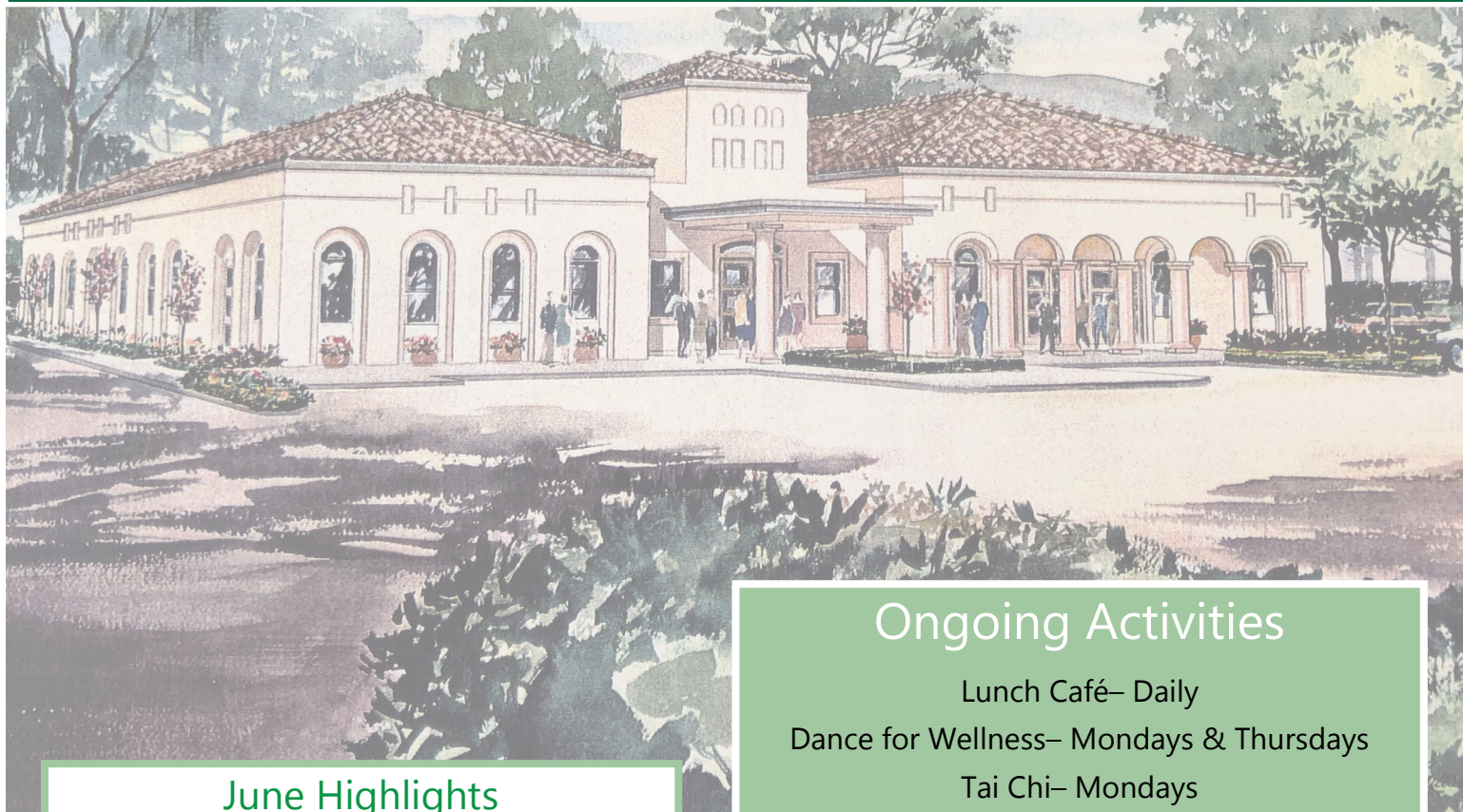


Age Well

FLORENCE SYLVESTER
SENIOR CENTER

June 2026 Newsletter



June Highlights

June 11– Emeritus Fall Registration

June 19– Father's Day Lunch

June 29– Will Rogers Presentation

July Preview

July 25– Summer Bingo Bash

August Preview

Special event details coming soon!

Ongoing Activities

Lunch Café– Daily

Dance for Wellness– Mondays & Thursdays

Tai Chi– Mondays

Bingo– Tuesdays

Knit & Crochet Group– Tuesdays

Caregiver Support Group– Wednesdays

Grief Share– Wednesdays

Chair Yoga– Thursdays

Chair Dance for Wellness– Thursdays

Mental Health Support Group– Thursdays

TOPS– Fridays

Movies– Fridays

Cribbage– Fridays

June 2026 Events

Monday

Tuesday

Wednesday

1
 9:00 Wire Wrapping Class (E)
 9:00 Balance & Mobility Class (E)
 10:00 Balance & Mobility Class (E)
 10:00 Medicare Support w/ Humana (Lobby)
 10:00 Pep4u Tremble Clefs Practice
11:30 Lunch Café (RR)
 1:00 Dance for Wellness
 2:30 Tai Chi

2
 9:00 Balance & Mobility Class (E)
 10:00 Beg. Chair Exercise Class (E)
11:30 Lunch Café (RR)
 12:00 Knit and Crochet Group
 1:00 Bingo

3
 9:00 Wire Wrapping Class (E)
 9:00 Balance & Mobility Class (E)
 10:00 Balance & Mobility Class (E)
 10:00 Pep4u Parkinsons Coffee Chat
 10:00 Tech Support with Humana (by appt.)
11:30 Lunch Café (James Woods) (RR)
 12:30 Caregiver Support Group
 1:00 Tai Chi (E)
 2:00 Grief Share

8
 9:00 HICAP (by appt.)
 9:00 Wire Wrapping Class (E)
 9:00 Balance & Mobility Class (E)
 10:00 Balance & Mobility Class (E)
 10:00 Medicare Support w/ Carmen (Lobby)
 10:00 Pep4u Tremble Clefs Practice
11:30 Lunch Café (Sunshine Band) (RR)
 1:00 MemorialCare Social Worker Talk (RR)
 1:00 Dance for Wellness
 2:30 Tai Chi

9
 9:00 Balance & Mobility Class (E)
 10:00 Beg. Chair Exercise Class (E)
11:30 Lunch Café (RR)
 12:00 Knit and Crochet Group
 1:00 Bingo

10
 9:00 Wire Wrapping Class (E)
 9:00 Balance & Mobility Class (E)
 10:00 Balance & Mobility Class (E)
 10:00 Tech Support with Humana (by appt.)
11:30 Lunch Café (James Woods) (RR)
 12:30 Caregiver Support Group
 1:00 Tai Chi (E)
 2:00 Grief Share

15
 9:00 HICAP (by appt.)
 9:00 Wire Wrapping Class (E)
 9:00 Balance & Mobility Class (E)
 10:00 Balance & Mobility Class (E)
 10:00 Pep4u Tremble Clefs Practice
11:30 Lunch Café (Tremble Clefs) (RR)
 1:00 Dance for Wellness
 2:30 Tai Chi

16
 9:00 Balance & Mobility Class (E)
 10:00 Beg. Chair Exercise Class (E)
11:30 Lunch Café (Tony Rogers) (RR)
 12:00 Knit and Crochet Group
 1:00 Bingo

17
 9:00 Wire Wrapping Class (E)
 9:00 Balance & Mobility Class (E)
 10:00 Balance & Mobility Class (E)
 10:00 Pep4u Parkinsons Coffee Chat
 10:00 Tech Support with Humana (by appt.)
 10:00 Financial Consultations (by appt.)
11:30 Lunch Café (Harmonaires) (RR)
 12:30 Caregiver Support Group
 1:00 Tai Chi (E)
 1:30 Crafting with Carmen (RR)
 2:00 Grief Share

22
 9:00 HICAP (by appt.)
 9:00 Wire Wrapping Class (E)
 9:00 Balance & Mobility Class (E)
 10:00 Balance & Mobility Class (E)
 10:00 CA DL Renewal Prep (RR)
 10:00 Pep4u Tremble Clefs Practice
11:30 Lunch Café (RR)
 1:00 Dance for Wellness
 2:30 Tai Chi

23
 9:00 Balance & Mobility Class (E)
 10:00 Beg. Chair Exercise Class (E)
11:30 Lunch Café (Silver Singers) (RR)
 12:00 Knit and Crochet Group
 1:00 Bingo
 1:30 Crafting with Optum (RR)

24
 9:00 Wire Wrapping Class (E)
 9:00 Balance & Mobility Class (E)
 10:00 Balance & Mobility Class (E)
 10:00 Tech Support with Humana (by appt.)
11:30 Lunch Café (James Woods) (RR)
 12:30 Art4Healing (RR)
 12:30 Caregiver Support Group

1:00 Tai Chi (E)

29
 9:00 Wire Wrapping Class (E)
 9:00 Balance & Mobility Class (E)
 10:00 Balance & Mobility Class (E)
 10:00 Pep4u Tremble Clefs Practice
11:30 Lunch Café (RR)
1:00 Will Rogers Special Presentation
 1:00 Dance for Wellness
 2:30 Tai Chi

30
 9:00 Balance & Mobility Class (E)
 10:00 Beg. Chair Exercise Class (E)
11:30 Lunch Café (RR)
 12:00 Knit and Crochet Group
 1:00 Bingo

Monday-Friday 8:30am-4pm

Thursday

Friday

Saturday/Sunday

4

9:00 Balance & Mobility Class (E)
 10:00 Beg. Chair Exercise Class (E)
 10:00 Pep4u Yoga for Parkinsons
 11:00 Chair Yoga (\$2)
11:30 Lunch Café (RR)
 12:30 Mental Health Support Group
 1:00 Chair Dance for Wellness
 2:00 Dance for Wellness

5

10:00 TOPS
11:30 Lunch Café (Arnie DiCioccio) (RR)
 12:30 Cribbage
 12:45 Movie (*The Mirror Has Two Faces*)
 1:00 Game Time

11

9am-4pm Emeritus Fall Registration
 9:00 Balance & Mobility Class (E)
 10:00 Beg. Chair Exercise Class (E)
 10:00 Pep4u Yoga for Parkinsons
 10:00 Medicare Support w/ Humana (Lobby)
 11:00 Chair Yoga (\$2)
11:30 Lunch Café (RR)
 12:30 Mental Health Support Group
 1:00 Chair Dance for Wellness
 2:00 Dance for Wellness

12

10:00 TOPS
11:30 Lunch Café (Arnie DiCioccio) (RR)
 12:30 Cribbage
 12:45 Movie (*La Bamba*)
 1:00 Game Time
 1:30 Crafting with Optum (RR)

13/14

18

10:00 Pep4u Yoga for Parkinsons
 11:00 Chair Yoga (\$2)
11:30 Lunch Café (Cheri Farrah) (RR)
 12:30 Mental Health Support Group
 1:00 Chair Dance for Wellness
 2:00 Dance for Wellness

19

10:00 TOPS
11:30 Father's Day Lunch (Arnie DiCioccio) (RR)
 12:30 Cribbage
 12:45 Movie (*Remarkably Bright Creatures*)
 1:00 Game Time

20/21



25

9:00 Balance & Mobility Class (E)
 10:00 Beg. Chair Exercise Class (E)
 10:00 Pep4u Yoga for Parkinsons
 10:00 Medication Consults with Bill Lu (by appt.)
 11:00 Chair Yoga (\$2)
11:30 Lunch Café (Street Performers) (RR)
 12:30 Mental Health Support Group
 1:00 Chair Dance for Wellness
 2:00 Dance for Wellness

26

10:00 TOPS
11:30 Birthday Lunch Café (Arnie DiCioccio) (RR)
 12:30 - Cribbage
 12:45 Movie (*Tootsie*)
 1:00 Game Time

27/28

Upcoming Special Events



**FALL
2026**

SADDLEBACK COLLEGE EMERITUS INSTITUTE IN PERSON REGISTRATION EVENT

- **Date:** Thursday, June 11, 2026
- **Time:** 9am to 4pm
- **Location:** Florence Sylvester Senior Center
- **Address:** 23721 Moulton Parkway, Laguna Hills

For more information please visit
saddleback.edu/emeritus or call **949-582-4835**

IT IS THE POLICY OF SBOCCO TO FULLY COMPLY WITH THE REQUIREMENTS OF THE AMERICANS WITH DISABILITIES ACT (BOARD POLICY 3425). CONSISTENT WITH THAT POLICY, THIS MATERIAL IS AVAILABLE IN ALTERNATIVE FORMATS SUCH AS LARGE PRINT, BRAILLE OR ACCESSIBLE ELECTRONIC TEXT. SUCH MATERIALS AND OTHER DISABILITY ACCOMMODATIONS WILL BE PROVIDED AS NEEDED FOR PROGRAM ACCESS. UPON REQUEST FOR NEEDED ACCOMMODATIONS OR ALTERNATE FORMATS PLEASE CONTACT: PRINCE BARRY BROWN, COORDINATOR AND SPECIAL PROGRAMS, VIA EMAIL AT BCBROWN@SADDLEBACK.EDU, 949-582-4872 TTY/VOICEPHONE: 949-582-4433.

SOUTH ORANGE COUNTY COMMUNITY COLLEGE DISTRICT BOARD OF TRUSTEES
CAROLYN NIXON, RYAN DACK, TIMOTHY JSMAL, MARCIA MUEHLER, EL FRIBERBERGAST, L TERRI WHITE RYCELL, ED G,
BLAKE LEONARD, STUDENT TRUSTEE JULIENNA SWINER, ED D, CHANCELLOR SADDLEBACK COLLEGE ELIOTT STERN, COLG, PRESIDENT

Age Well | FLORENCE SYLVESTER SENIOR CENTER

You're invited to our
FATHER'S DAY LUNCH

FRIDAY, JUNE 19TH AT 11:30AM

ENTERTAINMENT, RAFFLE PRIZES, AND A SWEET SURPRISE AS WE HONOR DADS.

CALL 949-380-0155 TO MAKE YOUR RESERVATION 2 DAYS IN ADVANCE

FLORENCE SYLVESTER SENIOR CENTER
23721 MOULTON PKWY, LAGUNA HILLS

This project is funded in part through a grant from the California Department of Aging, as allocated by the Orange County Board of Supervisors and administered by the Office on Aging.

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Monthly Birthday Party Lunch

Join us for fun, food, and entertainment on Friday, June 26, 2026.

Arnie on the Piano

This project is funded in part through a grant from the California Department of Aging, as allocated by the Orange County Board of Supervisors and administered by the Office on Aging.

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Summer BINGO Bash Fundraiser

Join us for an afternoon of fun, friends, and fabulous prizes - all while supporting a great cause!

Saturday, July 25, 2026
Doors open at 3pm & games start at 4pm

13 games, each game pays out \$100
Raffle prizes and a 50/50 drawing

Pre-purchase tickets at FSSC for \$50.
Ticket includes a catered dinner & beverages.
Limited number of tickets will be available at the door for \$60.

All proceeds benefit the Florence Sylvester Senior Center to continue to serve the vital resources, engaging programs, and events for our community.

MemorialCare Medical Group

Call Us **949-380-0155** | Florence Sylvester Senior Center
23721 Moulton Pkwy, Laguna Hills, CA 92653

Optum



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Butterfly

DIAMOND ART

WITH CARMEN

Wednesday, June 17th at 1:30pm
Call 949-380-0155 to reserve your place
Florence Sylvester Senior Center
23721 Moulton Pkwy, Laguna Hills

The poster features several colorful butterflies (Monarch, Queen, and a moth) and flowers (orange and yellow) on a light background with small diamond icons scattered throughout.

Optum

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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

Reservations Required

Age Well | FLORENCE SYLVESTER SENIOR CENTER

FEATURED PRESENTATION OF THE MONTH

THE LIFE AND HUMOR OF *Will Rogers*

Join us for an entertaining and informative presentation celebrating the life, wit, and legacy of Will Rogers — one of America's most beloved humorists, writers, and performers.

MONDAY, JUNE 29 AT 1PM

Call 949-380-0155 to reserve your place



Florence Sylvester Senior Center
23721 Moulton Pkwy, Laguna Hills

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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

Age Well | FLORENCE SYLVESTER SENIOR CENTER | MemorialCare

ON-SITE SOCIAL WORK SUPPORT & RESOURCES

Meet one-on-one with a social worker
Discuss any topic or life concern
Access community resources and support
Build connection and enhance well-being



Second Monday of every month, 1-2pm

Walk-ins accepted, appointments encouraged
Call 949-380-0155 for more information

Florence Sylvester Senior Center
23751 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.



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)

For Seniors Over 60
All participants must stay for the entire 2-hour workshop

Workshops are held at:
Florence Sylvester Senior Center

Maximum 10 participants per class

Facilitated by:
Art & Creativity for Healing Inc.

For more information and to sign up:
Call 949-380-0155

www.art4healing.org

By Appointment

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HICAP Medicare Counseling

Health Insurance Counseling & Advocacy Program

Free, unbiased individualized Medicare counseling sponsored by Council on Aging.

Hosted on the 2nd, 3rd, and 4th Mondays of the month
With three appointment times: 9am, 10am and 11am
Call 949-380-0155 for an appointment

Gene Campbell, our HICAP counselor, will review your current plan or status and present you with options.

Counseling areas:

- Prescription drug plan coverage
- Medicare Advantage plans Supplemental policies
- Employee and retiree coverage
- Affordable Care Act
- Long-term care insurance
- Medicare Part D Extra Help/Low-Income Subsidy (LIS) Program
- Medicare Savings Program (MSP) Part B Programs
- Help to identify and combat Medicare fraud and abuse

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FINANCIAL CONSULTATIONS

with Tim Bryant of Nest Egg Retirement Services

Come for a FREE 30 minutes unbiased financial consultation. Focused on the needs of older adults. No selling or endorsements of products or services. All financial question are welcome.

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

Call 949-380-0155 to make your appointment

Investments both simple & complex
Personal finance
Charitable giving/planning
Cash flow & budgeting
Taxation
Estate planning
Legacy planning

Florence Sylvester Senior Center
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949-380-0155

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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.

February 26
April 30
June 25
August 20
October 29

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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tech support

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

Wednesdays by appointment at 10am & 11am



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SENIOR CENTER

Lunch Café



Join us Monday through Friday from 11:30am to 12:30pm for our congregate lunch with friends! See our monthly menu in this newsletter.

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

23721 Moulton Pkwy, Laguna Hills

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SENIOR CENTER



Let's Dance



Dance for Wellness

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

Chair Dance for Wellness Thursdays at 1pm

All fitness levels & abilities welcome

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

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SENIOR CENTER

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 2:30 PM

23721 Moulton Pkwy, Laguna Hills 949-380-0155

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.

Age Well | FLORENCE SYLVESTER SENIOR CENTER

BINGO TIME!

Gather with us each Tuesday for an afternoon of Bingo, prizes, and wonderful companionship! Savor our coffee bar, and feel free to bring along your favorite snacks.

EVERY TUESDAY

12:45 pm - Papers go on sale

1:15 pm - Games begin

23721 Moulton Pkwy, Laguna Hills
949-380-0155



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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 mental health professionals
- Recharge - Take a moment for yourself in a supportive environment that acknowledges your hard work and dedication



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949-380-0155

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JOIN OUR KNIT & 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 group!

TUESDAYS 12PM-1PM

Call 949-380-0155 for more information

23721 Moulton Pkwy, Laguna Hills



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GRIEF SHARE

**Wednesdays
2:00pm-3:30pm**

Our weekly support group offers a compassionate space to process your emotions. Grief is a personal experience, but empathy from those around you can make a big difference.



Florence Sylvester Senior Center
23721 Moulton Pkwy, Laguna Hills

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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 a mental health professional in a safe supportive space to share & connect.

- Everyone is welcome, regardless of 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



Age Well | FLORENCE SYLVESTER SENIOR CENTER

FRIDAY MOVIES

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

5/29 Along Came Polly

2004, PG-13

6/5 The Mirror Has Two Faces

1996, PG-13

6/12 La Bamba

1987, PG-13

6/19 Remarkably Bright Creatures

2026, PG-13

6/26 Tootsie

1982, PG

7/3 Age of Adaline

2015, PG-13

Movies subject to change based on availability

Florence Sylvester Senior Center
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
Call 949-380-0155 for questions
23721 Moulton Pkwy, Laguna Hills



Age Well Programs & Services

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



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

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
Orange County's partner in aging



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!

Become a Volunteer: Friendly Visitors

Age Well
Orange County's partner in aging

What does a Friendly Visitor Do?

As a Friendly Visitor, you provide positive social contact to your matched senior each week. You'll enjoy engaging in fun and purposeful activities, such as playing cards, having coffee, playing board games, or going through photos. For more mobile seniors, it may involve going for a walk together.

You stay in touch with your senior friend through phone calls, bringing them joy, especially when they are not up to an in-person visit. Whatever you two do during Friendly Visits, you plan together.

Additionally, you provide a wellbeing check during your visits, ensuring your senior is doing well. You keep our Program Coordinator and family members updated on any changes the senior may display regarding health and wellbeing.

Why Become a Friendly Visitor?

- Bring personal joy to a senior and make a new friend.
- Feel needed and purposeful.
- You miss having an older person in your life.
- Enjoy the flexibility to decide your schedule.
- Chance to participate in a meaningful volunteer experience that fits into your work/life schedule.

Who Qualifies

Our Friendly Visitors Program connects eligible seniors with carefully screened volunteers who want to make a difference in the lives of seniors.

Who Can Volunteer?

- Must be 18 or Older.
- Willing and able to commit weekly to visit with the senior.
- Friendly, Dependable, and compassionate.
- Committed to making a positive difference in someone's life.
- A person of solid morals & ethics.

How are Volunteers Screened?

- Complete an application.
- Complete and pass background checks.
- Complete a one-on-one interview/orientation with a Friendly Visitor Program Coordinator.

How to Apply

949-616-2357

volunteer@myagewell.org

myagewell.org/volunteer/friendly-visitors/



Scan QR code with mobile camera to view website.



June 2026 Menu

SERVING TIMES: 11:30 AM – 12:30 PM



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CHICKEN KEBAB Moroccan Carrots Mediterranean Pasta Salad Orange Juice Pineapple Milk 1	SESAME CHICKEN Cauliflower Broccoli Soup Ginger Brown Rice Cinnamon Baked Apple Milk 2	TUSCAN SALMON Butter Green Beans Whole Wheat Pasta Orange Juice Oatmeal Raisin Cookie Milk 3	CHICKEN BANH MI SANDWICH Carrot Soup Tropical Fruit Cup Milk 4	CHEESEBURGER Rosemary Roasted Potatoes Cantaloupe Milk 5
BEEF MEATLOAF Garlic Mashed Potatoes Sauté Peas & Carrots Wheat Roll Orange Apple Sauce & Milk 8	CILANTRO LIME CHICKEN Mediterranean Salad Lemon Thyme Brown Rice Orange Oatmeal Raisin Cookie Milk 9	BEEF STROGANOFF Steamed Green Beans Whole Wheat Penne Pasta Mandarin Cup Milk 10	BBQ CHICKEN SLIDER Zucchini Apple Soup Orange Juice Chocolate Chip Cookie Milk 11	CHICKEN MARSALA Rainbow Salad Linguine Tropical Fruit Cup Milk 12
BEEF SLOPPY JOE Creamy Coleslaw Apple Sauce Orange Juice Milk 15	CREAMY LEMON CHICKEN Ranch Salad Penne Pasta Orange Oatmeal Raisin Cookie Milk 16	BUFFALO CHICKEN Honey Glazed Carrots Cilantro Lime Brown Rice Orange Chocolate Chip Cookie Milk 17	CHIPOTLE CHICKEN SANDWICH Tomato Basil Soup Tropical Fruit Milk 18	SALISBURY BEEF STEAK Garlic Mashed Potatoes Carrot Raisin Slaw Wheat Roll Orange Milk Happy Father's 19 Day
MONGOLIAN CHICKEN Asian Coleslaw Ginger Brown Rice Mandarin Cup Milk 22	CHICKEN SALSA VERDE Mexican Coleslaw Spanish Rice Pineapple Cup Milk 23	CHICKEN CACCIATORE Roasted Zucchini & Squash Italian Pasta Salad Orange Juice Pound Cake Milk 24	GROUND BEEF PHILLY Tex Mex Soup Hoagie Roll Orange Chocolate Chip Cookie Milk 25	CHIMICHURRI SALMON Green Bean Salad Linguine Cantaloupe Milk 26
BEEF CHILI Roasted Potatoes Rainbow Salad Wheat Roll Cantaloupe Milk 29	CHICKEN WALDORF SANDWICH Cream of Broccoli Soup Cinnamon Baked Apple Milk 30	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 Florence Sylvester or by calling 949-215-3833. No special requests or menu substitutions. Menu subject to change without notice. Our menus per meal average 500 - 700 calories		

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.



Meal contains sodium over 1000mg

Become a Community Partner

Support local seniors while promoting your business through community engagement opportunities with Age Well's Florence Sylvester Senior Center.

Sponsorship Opportunities

- Brochure Wall Placement
- Newsletter Advertising
- Activity Room Sponsorship
- Educational & Community Engagement Opportunities

Partner With Us

We welcome businesses and organizations that are committed to serving and supporting local seniors.

For more info:

Cassie Oseguera
Director, FSSC
949-215-3812
coseguera@myagewell.org

Why Sponsor?

Build meaningful relationships within the senior community, increase visibility for your business and services, and demonstrate your commitment to supporting older adults.

Florence Sylvester Senior Center
23721 Moulton Pkwy, Laguna Hills
949-380-0155 | www.agewellseniorservices.org

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Primary Care
Additional Languages:
Chinese & Vietnamese



Sunghee Kim, NP
Nurse Practitioner
Primary Care
Additional Language:
Korean



Hitesh Patel, M.D.
Neurology



Keith Pendera, DPM
Podiatry



**Manish Prasad
Shrestha, M.D.**
Gastroenterology



Miao Crystal Yu, M.D.
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If you're new to Medicare or have questions, I'm local to the area and am here to help.

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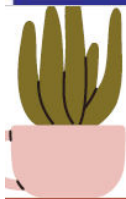


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Age Well FLORENCE SYLVESTER SENIOR CENTER

BOOK CLUB COMING SOON!

HELP US PLAN OUR NEW BOOK CLUB BY COMPLETING THE SURVEY! YOUR FEEDBACK AND CONTACT INFO WILL HELP US CREATE A CLUB THAT WORKS BEST FOR EVERYONE AND KEEP YOU UPDATED ON FUTURE DETAILS.

WE CAN'T WAIT TO READ TOGETHER!



Age Well FLORENCE SYLVESTER SENIOR CENTER

Honor a Life. Celebrate a Legacy.

TREE OF LIFE MEMORIAL WALL

Leaf - \$250 Acorn - \$500
Rock - \$1,000 Tree - \$2,500

You may have seen the Tree of Life plaques displayed on our Memorial Wall at the center. Established in the early 2000s, the Tree of Life was created for friends, families, and organizations to honor, thank, memorialize, and recognize those who deserve special appreciation.

Each plaque represents a meaningful, tax-deductible contribution to FSSC while celebrating someone special. Donors choose their plaque and create a personalized engraving to commemorate a life, memory, or story. Each tree, rock, acorn, and leaf becomes part of a lasting tribute within our community.



A LASTING TRIBUTE

Plaques are permanently displayed on the Memorial Wall, honoring the connections that bind us—past, present, and future.

Funds from the Tree of Life Program support the Florence Sylvester Senior Center's mission of providing a warm and welcoming environment where seniors can thrive with good food, good company, and engaging activities.

LEARN MORE OR RESERVE YOUR PLAQUE

Call: 949-380-0155

Visit: Stop by to see the Memorial Wall in person