

Age Well

FLORENCE SYLVESTER
SENIOR CENTER

May 2026 Newsletter



May Highlights

May 4– Emeritus Summer Registration

May 8– Mother’s Day Luncheon

May 25– Closed for Memorial Day

June Preview

June 11– Emeritus Fall Registration

July Preview

July 25– Summer Bingo Bash

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

May 2026 Events

Monday

Tuesday

Wednesday

4

8:30am-4pm Emeritus Registration
 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 Game Time
 1:00 Dance for Wellness
 2:30 Tai Chi

5

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

6

9:00 Wire Wrapping Class (E)
 9:00 Balance & Mobility Class (E)
 10:00 Balance & Mobility Class (E)
 10:00 Pep4u Parkinsons Coffee Chat
11:30 Lunch Café
(James Woods Piano) (RR)
 12:30 Caregiver Support Group
 1:00 Intermediate Knitting Class (E)

11

9:00 HICAP (by appt.)
 9:00 Balance & Mobility Class (E)
 10:00 Balance & Mobility Class (E)
 10:00 CA DL Renewal Prep (RR)
 10:00 Medicare Support w/ Carmen (Lobby)
 10:00 Pep4u Tremble Clefs Practice
11:30 Lunch Café (Sunshine Band) (RR)
 1:00 Game Time
 1:00 Dance for Wellness

12

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

13

9:00 Wire Wrapping Class (E)
 9:00 Balance & Mobility Class (E)
 10:00 Balance & Mobility Class (E)
11:30 Lunch Café
(James Woods Piano) (RR)
 12:30 Caregiver Support Group
 1:00 Intermediate Knitting Class (E)
 1:00 Tai Chi (E)
 2:00 Grief Share

18

9:00 HICAP (by appt.)
 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 (Tremble Clefs) (RR)
 1:00 Game Time
 1:00 Dance for Wellness
 2:30 Tai Chi

19

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

20

9:00 Balance & Mobility Class (E)
 10:00 Balance & Mobility Class (E)
 10:00 Tech Support with Humana (by appt.)
 10:00 Financial Consultations (by appt.)
 10:00 Pep4u Parkinsons Coffee Chat
11:30 Lunch Café (Harmonaires) (RR)
 12:30 Caregiver Support Group
 1:00 Intermediate Knitting Class (E)
 1:00 Tai Chi (E)

25 – CLOSED



26

11:30 Lunch Café (Silver Singers) (RR)
 12:00 Knit and Crochet Group
 1:00 Bingo

27


9:00 Wire Wrapping Class (E)
 10:00 Tech Support with Humana (by appt.)
11:30 Lunch Café
(James Woods Piano) (RR)
 12:30 Caregiver Support Group
 12:30 Art4Healing (RR)
 2:00 Grief Share

Monday-Friday 8:30am-4pm

Thursday

Friday

Saturday/Sunday

	<p>1</p> <p>10:00 TOPS 11:30 Lunch Café (Arnie DiCioccio Piano) (RR) 12:30 Cribbage 12:45 Movie (<i>Same Time, Next Year</i>) 1:00 Game Time 1:00 Int. Oil/Acrylic Painting Class (E)</p>	<p>2/3</p>
<p>7</p> <p>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</p>	<p>8</p> <p>10:00 TOPS 11:30 Mother's Day Luncheon (Arnie DiCioccio Piano) (RR) 12:30 Cribbage 12:45 Movie (<i>Blue Miracle</i>) 1:00 Game Time 1:00 Int. Oil/Acrylic Painting Class (E) 1:30 Crafting with Optum (RR)</p>	<p>9/10</p> 
<p>14</p> <p>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 (Silver Singers) (RR) 12:30 Mental Health Support Group 1:00 Chair Dance for Wellness 2:00 Dance for Wellness</p>	<p>15</p> <p>10:00 TOPS 11:30 Lunch Café (Arnie DiCioccio Piano) (RR) 12:30 Cribbage 12:45 Movie (<i>Mrs. Doubtfire</i>) 1:00 Game Time 1:00 Int. Oil/Acrylic Painting Class (E)</p>	<p>16/17</p>
<p>21</p> <p>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</p>	<p>22</p> <p>10:00 TOPS 10:00 Medicare Support with Humana (Lobby) 11:30 Lunch Café (Arnie DiCioccio Piano) (RR) 12:30 - Cribbage 12:45 Movie (<i>Unlikely Pilgrimage of Harold Fry</i>) 1:00 Game Time</p>	<p>23/24</p>
<p>28</p> <p>10:00 Pep4u Yoga for Parkinsons 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</p>	<p>29</p> <p>10:00 TOPS 11:30 Birthday Lunch Café (Arnie DiCioccio Piano) (RR) 12:30 - Cribbage 12:45 Movie (<i>The Pale Blue Eye</i>) 1:00 Game Time</p>	<p>30/31</p>

Upcoming Special Events



**SUMMER
2026**

SADDLEBACK COLLEGE EMERITUS INSTITUTE IN PERSON REGISTRATION EVENT

- **Date:** Monday, May 4, 2026
- **Time:** 9 a.m. to 4 p.m.
- **Location:** Florence Sylvester Center
- **Address:**
23721 Moulton Parkway, Laguna Hills, CA 92653

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

IT IS THE POLICY OF SADDLEBACK COLLEGE TO FULLY COMPLY WITH THE REQUIREMENTS OF THE AMERICANS WITH DISABILITIES ACT (BOARD POLICY 3405), 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: PENNY SWAFF, ED.D., DEAN, COUNSELING AND SPECIAL PROGRAMS, VIA EMAIL AT SCSP@SADDLEBACK.EDU, (949)582-4837, TTY/VIDEOPHONE: 949-582-4430.

SOUTH ORANGE COUNTY COMMUNITY COLLEGE DISTRICT BOARD OF TRUSTEES
CAROLYN NIMON, RYAN DACK, TIMOTHY JEMAL, MARCIA MELCHER, T.J. PRENDERGAST, II, TERRI WHITT RYDELL, ED. D.,
BLAKE LEONARD, STUDENT TRUSTEE - JULIANNA BARNES, ED.D., CHANCELLOR SADDLEBACK COLLEGE, ELLIOTT STERN, DO. JD, PRESIDENT

Age Well | FLORENCE SYLVESTER SENIOR CENTER

You're invited to our MOTHER'S DAY LUNCHEON

Friday, May 8th at 11:30am

Entertainment provided. Please wear your finest hats! Raffle prizes and gifts for the ladies.

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, May 29th, 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!

17
15 **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

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

Call Us
949-380-0155

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

Reservations Required

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Mother's Day craft with **Optum**

Friday, May 8th at 1:30pm
All supplies provided by Optum

**Reserve your space in class
by calling 949-380-0155**

Florence Sylvester Senior Center
23721 Moulton Pkwy, Laguna Hills

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Flowers PAINTING WORKSHOP WITH **Optum**



MONDAY, MAY 18TH AT 1:30PM
All supplies provided by Optum

Call 949-380-0155 to reserve your space
Florence Sylvester Senior Center
23721 Moulton Pkwy, Laguna Hills

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TULIP Painting

CRAFTWITH CARMEN

Wednesday, May 20th at 1:30pm
Call 949-380-0155 to reserve your place

Florence Sylvester Senior Center
23721 Moulton Pkwy, Laguna Hills

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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

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On-Site Social Work Support & Resources



Connect with a MemorialCare Saddleback Medical Center Social Worker

We are dedicated to helping you live independently with dignity and care by connecting you with community resources.

Roneet Cooper, L.C.S.W., will be hosting open discussions on the second Monday of every month from 1pm - 2pm.



Roneet Cooper, L.C.S.W.

- | | |
|---|--|
| February 9 - Meet the Social Worker & Decluttering Tips | July 13 - Handyman Resources |
| March 9 - Transportation Services | August 10 - Housekeeping Resources |
| April 13 - Caregiver Resources & Adult Day Cares | September 14 - Fraud/Scam Prevention |
| May 11 - Meals on Wheels | October 12 - Holiday Prep and Mental Wellbeing |
| June 8 - VA Resources | November 9 - Medicare Education |

Schedule of discussion topics subject to change based off community needs

Walk-ins are accepted, but appointments are encouraged. Call 949-380-0155 to make your reservation! 23721 Moulton Parkway, Laguna Hills



On-Site Social Work Support & Resources

Live Well. Live Independently.



Speaker



Roneet Cooper, L.C.S.W.
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:

Meals on Wheels & Food Resources

When:

Monday, May 11, 1 p.m. - 2 p.m.

Where:

Florence Sylvester Senior Center, Community Room

Registration not required



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



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
- December 16

(3rd Wednesday due to Thanksgiving)

(3rd Wednesday due to Christmas)

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

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23721 Moulton Parkway, Laguna Hills, CA 92653
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



Ongoing Activities

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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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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

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23721 Moulton Pkwy, Laguna Hills, CA 92653

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Tai-Chi Class

Advantages of this practice include:

Enhances balance & stability by fortifying ankles & knees

Alleviates the physical impacts of stress

Encourages deep breathing

Boosts strength in the lower body & legs

Eases arthritis discomfort

Lowers blood pressure

Facilitates quicker recovery from strokes & heart attacks

Supports good posture & mental clarity

EVERY MONDAY 2:30PM

23721 Moulton Pkwy, Laguna Hills 949-380-0155

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.

Ongoing Activities

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BINGO TIME!



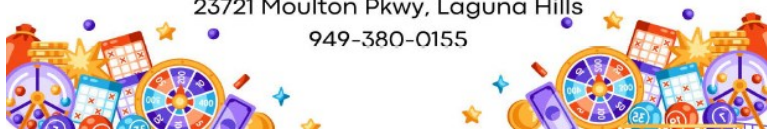
Gather with us each Tuesday for an afternoon of Bingo, prizes, and wonderful companionship! Savor our coffee bar, and feel free to bring along your favorite snacks.

EVERY TUESDAY

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

Ongoing Activities

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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
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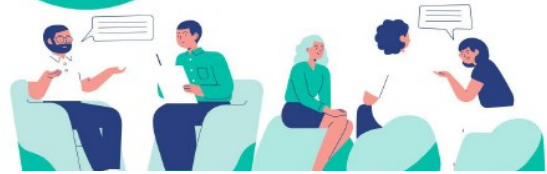
Mental Health Support Group

*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



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FRIDAY MOVIES

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

4/3 Sliding Doors

4/10 Selena

4/17 Like Father

4/24 The Pale Blue Eye

5/1 Same Time, Next Year

5/8 Blue Miracle

5/15 Mrs. Doubtfire

5/22 Unlikely Pilgrimage of Harold Fry

5/29 Along Came Polly

949-380-0155

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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

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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

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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.



South Orange County

MONDAY

May 2026 Menu

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

Age Well®

Orange County's partner in aging
CHRIS HERNANDEZ RDN

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 **FSSC** 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

BEEF SLOPPY JOE **4**
 Creamy Coleslaw
 Apple Sauce
 Orange Juice
 Milk

BUFFALO CHICKEN **5**
 Honey Glazed Carrots
 Cilantro Lime Brown Rice
 Orange
 Chocolate Chip Cookie
 Milk

CHIPOTLE CHICKEN SANDWICH **6**
 Tomato Basil Soup
 Tropical Fruit
 Milk

SALISBURY BEEF STEAK **7**
 Garlic Mashed Potatoes
 Carrot Raisin Slaw
 Wheat Roll
 Orange
 Milk

BBQ CHICKEN SLIDER **1**
 Zucchini Apple Soup
 Orange Juice
 Chocolate Chip Cookie
 Milk

CREAMY LEMON **8**
 Ranch Salad
 Penne Pasta
 Orange
 Oatmeal Raisin Cookie
 Milk

MONGOLIAN CHICKEN **11**
 Asian Coleslaw
 Ginger Brown Rice
 Mandarin Cup
 Milk

GROUND BEEF PHILLY **12**
 Tex Mex Soup
 Hoagie Roll
 Orange
 Chocolate Chip Cookie
 Milk

CHICKEN CACCIATORE **13**
 Roasted Zucchini & Squash
 Italian Pasta Salad
 Orange Juice
 Pound Cake
 Milk

CHICKEN SALSA VERDE **14**
 Mexican Coleslaw
 Spanish Rice
 Pineapple Cup
 Milk

CHIMICHURRI SALMON **15**
 Green Bean Salad
 Linguine
 Cantaloupe
 Milk

TERIYAKI CHICKEN **18**
 Zucchini Squash Medley
 Macaroni Salad
 Mandarin Cup
 Oatmeal Raisin Cookie
 Milk

CHICKEN WALDORF SANDWICH **19**
 Cream of Broccoli Soup
 Cinnamon Baked Apple
 Milk

ITALIAN BEEF MEATBALL SUB SANDWICH **20**
 Tuscan Bean Soup
 Orange
 Apple Sauce
 Milk

GREEK CHICKEN SLIDER w/TZATZIKI SAUCE **21**
 Greek Tomato Salad
 Cantaloupe
 Milk

BEEF CHILI **22**
 Roasted Potatoes
 Rainbow Salad
 Wheat Roll
 Cantaloupe
 Milk

BEEF w/BEAN TACOS w/ TOMATILLO SLAW **26**
 Corn Salad
 Spanish Rice
 Tropical Fruit
 Milk

MEMORIAL DAY
 HONORING ALL WHO SERVED

CHICKEN SHAWARMA **27**
 Mediterranean Salad
 Pita Bread
 Orange
 Pound Cake
 Milk

BEEF MEATBALLS w/MARINARA **28**
 French Bistro Salad
 Spaghetti
 Pineapple Cup
 Milk

CHICKEN TARRAGON SANDWICH **29**
 Tomato Basil Soup
 Orange Juice
 Cantaloupe
 Milk

CLOSED **25**

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 meal 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.



MemorialCare Medical Group 55+ (Laguna Woods)

Did you know MemorialCare Medical Group 55+ (Laguna Woods) offers primary care and specialty care just for adults age 55 and above? Our providers are accepting new patients. Call us 24/7 at (657) 241-8475 to schedule an appointment or visit memorialcare.org/MCMG55 to learn more.

Meet Our Providers



Kien-An Duong, M.D.
Internal Medicine
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.
Obstetrics & Gynecology
Additional Language:
Chinese



To learn more,
visit memorialcare.org/MCMG55,
call (657) 241-8475
or scan the QR code.



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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