

Age Well

FLORENCE SYLVESTER
SENIOR CENTER

August 2026 Newsletter



August Highlights

August 7th– Seated Chair Volleyball
August 12– FSSC Book Club Launch
August 14 & 28– Summer Doc Talks
August 20– Luau Lunch Party
August 21– Optum Meet & Greet
August 31– Featured Presentation

Special Announcements

Follow our NEW official
FSSC Facebook page for
events, updates, and more!



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– Tuesdays & Thursdays
Chair Dance for Wellness– Thursdays
Mental Health Support Group– Thursdays
TOPS– Fridays
Movies– Fridays
Cribbage– Fridays

August 2026 Events

Monday

3

9:00 Wire Wrapping Class (E)
10:00 Medicare Support w/ Ken (Lobby)
11:30 Lunch Café (RR)
1:00 MemorialCare Social Worker Talk (RR)
2:30 Tai Chi

10

9:00 HICAP (by appt.)
10:00 CA DL Renewal Prep (RR)
10:00 Medicare Support w/ Carmen (Lobby)
11:30 Lunch Café (Sunshine Band) (RR)
1:00 Dance for Wellness
2:30 Tai Chi

17

9:00 HICAP (by appt.)
9:00 Balance & Mobility Class (E)
10:00 Balance & Mobility Class (E)
11:30 Lunch Café (RR)
1:00 Dance for Wellness
2:30 Tai Chi

24

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

31

9:00 Balance & Mobility Class (E)
10:00 Balance & Mobility Class (E)
11:30 Lunch Café (RR)
1:00 Featured Presentation of the Month (RR)
(A-Z Dental)
1:00 Dance for Wellness
2:30 Tai Chi

Tuesday

4

11:00 Chair Yoga (\$2)
11:30 Lunch Café (Alec Tong) (RR)
12:00 Knit and Crochet Group
1:00 Bingo

11

11:00 Chair Yoga (\$2)
11:30 Lunch Café (RR)
12:00 Knit and Crochet Group
1:00 Bingo

18

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

25

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

Wednesday

5

9:00 Wire Wrapping Class (E)
10:00 Pep4u Parkinsons Coffee Chat
10:00 Tech Support (by appt.)
11:30 Lunch Café (James Woods) (RR)
12:30 Caregiver Support Group
2:00 Grief Share

12

10:00 Tech Support (by appt.)
10:00 Estate Planning Seminar
11:30 Lunch Café (James Woods) (RR)
12:30 Caregiver Support Group
1:00 FSSC Book Club
2:00 Grief Share

19

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 (by appt.)
10:00 Financial Consultations (by appt.)
11:30 Lunch Café (Harmonaires) (RR)
12:30 Caregiver Support Group
1:00 Beginning Knitting (E), 1:00 Tai Chi (E)
1:30 Crafting with Carmen (RR), 2:00 Grief Share

26

9:00 Wire Wrapping Class (E)
9:00 Balance & Mobility Class (E)
10:00 Balance & Mobility Class (E)
10:00 Tech Support (by appt.)
11:30 Lunch Café (James Woods) (RR)
12:30 Art4Healing (RR)
12:30 Caregiver Support Group
1:00 Beginning Knitting (E)
1:00 Tai Chi (E)
2:00 Grief Share

Monday–Friday 8:30am–4pm

Thursday

Friday

6

10:00 Pep4u Yoga for Parkinsons
11:00 Chair Yoga (\$2)
11:30 Lunch Café (Kids on Stage) (RR)
12:30 Mental Health Support Group

7

10:00 TOPS
10:00 Seated Chair Volleyball
11:30 Lunch Café (Arnie DiCioccio) (RR)
12:30 Cribbage
12:45 Movie (*Father of the Bride*)
1:30 Crafting with Optum (RR)

13

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

14

10:00 TOPS
11:30 Lunch Café (Arnie DiCioccio) (RR)
12:30 Cribbage
12:45 Movie (*I Can Only Imagine*)
1:00 Doc Talk (RR)
(Diabetes a Lifestyle Disease)

20

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 Luau Lunch Café (RR)
12:30 Mental Health Support Group

21

10:00 TOPS
11:30 Lunch Café (Arnie DiCioccio) (RR)
12:30 Cribbage
12:45 Movie (*Lilly*)
1:00 Optum Meet & Greet Event (RR)

27

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 (Street Performers) (RR)
12:30 Mental Health Support Group
1:00 Chair Dance for Wellness
2:00 Dance for Wellness

28

10:00 TOPS
11:30 Birthday Lunch Café (Arnie DiCioccio) (RR)
12:30 Cribbage
12:45 Movie (*The Theory of Everything*)
1:00 Doc Talk (RR)
(Advance Directive Education)

— FROM THE — *Director's Desk*

Our July Summer Bingo Bash was a tremendous success, and I want to sincerely thank everyone who attended, volunteered, donated, and sponsored this special event. Your support, generosity, and enthusiasm made my very first fundraiser at Florence Sylvester Senior Center truly unforgettable. It was wonderful to see our community come together for an evening of fun, laughter, and connection.

The funds raised through Bingo Bash will directly support the programs, activities, and services that make our center such a special place. Your generosity helps us continue offering meaningful opportunities while bringing even more exciting events and experiences to our community.

Whether you joined us for Bingo Bash or are reading this newsletter from home, thank you for being part of the Florence Sylvester Senior Center family. I'm excited for everything we have planned in the months ahead and look forward to seeing you soon!

With gratitude,
Cassie Osequera

Upcoming Special Events

Optum

Meet our local clinicians

You're invited to a
Meet-and-greet event

Dr. Wesley Babaran
Dr. Navid Geula
Dr. Faranak Ghazi
Dr. Yong Sik Kim

Friday, August 21, 2026
1:30 p.m. - 3:30 p.m.

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

- Meet our care team
- Light refreshments
- Medicare resource information

Reserve your spot.

Call 1-855-770-0722, TTY 711 Or
visit optum.com/ca

For accommodations of persons with special needs at meetings, call 1-866-588-8766, TTY 711.
Optum is a registered trademark of Optum, Inc. in the U.S. and other jurisdictions. All other trademarks are the property of their respective owners. Because we are continuously improving our products and services, Optum reserves the right to change specifications without prior notice. Optum is an equal opportunity employer.
© 2025 Optum, Inc. All rights reserved. 17275796

Age Well | FLORENCE SYLVESTER
SENIOR CENTER

You're invited to our LUAU LUNCH PARTY

Thursday, August 20th at 11:30am

Aloha! Join us for a tropical
afternoon with a special treat, raffle
prizes, and plenty of island spirit.
Hawaiian attire is encouraged!

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.

Age Well | FLORENCE SYLVESTER
SENIOR CENTER

UPCOMING SUMMER DOC TALKS

Join us for informative and engaging presentations led by
medical professionals covering important topics for seniors.



Diabetes a Lifestyle Disease

Featuring Dr. Kulkarni - Friday, August 14th, 1-2pm



Advance Directive Education

Featuring Dr. Kulkarni - Friday, August 28th, 1-2pm

Dr. Mohana Kulkarni, MD is Board Certified in Internal Medicine and Hospice & Palliative Medicine. She provides house calls for patients who are bed ridden or unable to travel to the office, ensuring they receive compassionate care in the comfort of their home. Her philosophy goes beyond symptom management - she places equal emphasis on emotional and mental well being, helping patients maintain dignity and the highest possible quality of life.

Reserve your space by
calling 949-380-0155

Optum

*Dr. Kulkarni is proudly contracted with Optum

Florence Sylvester Senior Center | 23721 Moulton Pkwy, Laguna Hills

Reservations Required

Age Well | FLORENCE SYLVESTER
SENIOR CENTER

FEATURED PRESENTATION OF THE MONTH

HEALTHY MOUTH, HEALTHY BODY

THE CONNECTION
BETWEEN YOUR TEETH,
GUMS, & HEART HEALTH



REPLACING MISSING TEETH

Why it matters
for your health
and quality of life.



HEALTHY GUMS, HEALTHY YOU

How healthy
gums support
overall health.



GUM DISEASE & HEART HEALTH

The link between
gum disease and
heart disease.



CHEW, DIGEST. THRIVE.

Why healthy
teeth matter for
nutrition.

MONDAY, AUGUST 31ST FROM 1-2PM

RESERVE YOUR SPACE BY CALLING 949-380-0155

Discover how oral health affects your overall well-being and learn practical tips to keep your smile and your body healthy, featuring Dr. Amro Albaghdadi, DDS from A-Z Dental.

A-Z DENTAL
LAGUNA HILLS

Florence Sylvester Senior Center,
23721 Moulton Pkwy, Laguna Hills



Age Well | FLORENCE SYLVESTER
SENIOR CENTER

Seated Chair VOLLEYBALL

FRIDAY, AUGUST 7TH AT 10AM



Stay active, make new friends, and have fun! Join us for a special intergenerational Chair Volleyball event with local high school volleyball players.

This friendly game is designed for all abilities, and no experience is needed. Come take a seat... and get ready to serve up some smiles!

Presented by Serving Up Smiles

Reserve your place by calling 949-380-0155

**Florence Sylvester Senior Center
23721 Moulton Pkwy, Laguna Hills**

Age Well | FLORENCE SYLVESTER
SENIOR CENTER



CRAFTING WITH CARMEN

Let Your Creativity Shine During a
Colorful Day of Hands-On Fun!

**WEDNESDAY, AUGUST 19TH
1:30PM-2:30PM**

**Everything you need is included-
all supplies are provided!**

Call 949-380-0155 to reserve your place.

Florence Sylvester Senior Center
23721 Moulton Pkwy, Laguna Hills

Age Well | FLORENCE SYLVESTER
SENIOR CENTER

CRAFTING WITH Optum

August 7th and 18th at 1:30pm

Join us for 2 afternoons in August
full of color, creativity, and fun! All
supplies provided by Optum.

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

Florence Sylvester Senior Center
23721 Moulton Pkwy, Laguna Hills

Reservations Required

Age Well

FLORENCE SYLVESTER
SENIOR CENTER



ESTATE PLANNING SEMINAR

2nd Wednesday of the Month at 10am

LEAVE A LEGACY, NOT A MESS

Most families do not realize their estate plan is missing something until a crisis exposes it. Outdated documents, no plan at all, or the wrong structure can leave loved ones facing court, conflict, delays, and unnecessary costs.

Attorney Jennifer Elliott is Certified Specialist in Trusts and Estates with over 23 years of experience and presenting this eye-opening presentation that brings clarity to a confusing process. Jennifer has helped thousands of families protect what they have built and avoid the mistakes that cause stress and legal problems later.

During the seminar, we will cover:

- The most common estate planning mistakes families do not see coming
- What every California homeowner needs to know
- How proper planning keeps families out of court and out of conflict
- Simple steps you can take now to protect your home, savings, and loved ones

Join us at the Florence Sylvester Senior Center for an informative seminar focused on education, gaining clarity, and creating peace of mind for you and the people you care about most.

CALL 949-380-0155 TO RESERVE YOUR PLACE TODAY!



Florence Sylvester Senior Center | 23721 Moulton Pkwy, Laguna Hills

Age Well

FLORENCE SYLVESTER
SENIOR CENTER

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



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.



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

Workshops are held at:
Florence Sylvester Senior Center

Maximum 10 participants per class

Facilitated by:
Art & Creativity for Healing Inc.

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

Workshops are held on
the **LAST WEDNESDAY**
of the month
12:30 - 2:30 PM

2026 Schedule

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

(3rd Wednesday due to Thanksgiving)

December 16

(3rd Wednesday due to Christmas)

www.art4healing.org

By Appointment

Age Well | FLORENCE SYLVESTER
SENIOR CENTER

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

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

Age Well | FLORENCE SYLVESTER
SENIOR CENTER

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 questions are welcome.

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

Call 949-380-0155 to make your appointment



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

Age Well | FLORENCE SYLVESTER
SENIOR CENTER

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



Age Well | FLORENCE SYLVESTER
SENIOR CENTER

tech support

Individual 30 minute appointments are available for personalized assistance with PC laptops, tablets, Android phones, Microsoft applications, and most other technology-related questions or issues.

**Wednesdays by
appointment 10am-12pm**

Ongoing Activities

Age Well | FLORENCE SYLVESTER
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

Age Well | FLORENCE SYLVESTER
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

Age Well | FLORENCE SYLVESTER
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 2:30PM

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

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

Age Well | FLORENCE SYLVESTER
SENIOR CENTER

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

23721 Moulton Pkwy, Laguna Hills

949-380-0155

Age Well | FLORENCE SYLVESTER
SENIOR CENTER

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

Age Well | FLORENCE SYLVESTER
SENIOR CENTER

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

Age Well | FLORENCE SYLVESTER
SENIOR CENTER

CHAIR YOGA

Gentle movement. Better balance. Renewed energy.



Benefits include improved balance and stability, increased flexibility and mobility, reduced stress and tension, and gentle strengthening to support everyday movement.

TUESDAYS & THURSAYS AT 11AM

\$2, no experience necessary

949-380-8144

Florence Sylvester Senior Center

23721 Moulton Pkwy, Laguna Hills

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](https://www.tops.org)

Call 949-380-0155 for questions

23721 Moulton Pkwy, Laguna Hills



Age Well | FLORENCE SYLVESTER
SENIOR CENTER

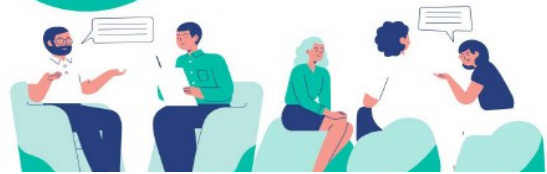
Mental Health Support Group

*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*

8/7 Father of the Bride

1991, PG

8/14 Miracle

2004, PG

8/14 I Can Only Imagine

2018, PG

8/21 Lilly

2024, PG-13

8/28 The Theory of Everything

2014, PG-13

9/4 Rudy

1993, PG

Movies subject to change based on availability

Florence Sylvester Senior Center
23721 Moulton Pkwy, Laguna Hills

Age Well Programs & Services

Age Well
Orange County's partner in aging

♥ ONE MEAL AT A TIME ♥

NEIGHBORS HELPING NEIGHBORS

At Age Well Senior Services, Meals on Wheels brings people together. Each meal reflects the care of neighbors who look out for one another. Your support helps keep nourishment, care, and connection within reach for everyone who needs it.

WHAT A DOLLAR CAN DO

Every gift, big or small, stays in your community!

\$1

helps deliver care and comfort to a neighbor

\$5

keeps Meals on Wheels deliveries running

\$10

supports a neighbor receiving a meal like yours

Age Well Senior Services is a nonprofit 501(c)(3) serving Orange County since 1975. All contributions are voluntary, confidential, and tax-deductible as allowed by law.

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

How You Can Give

Send your support with your next delivery, scan the QR code or visit myagewell.org/give



Senior Non-Emergency Medical Transportation

Safe, reliable rides to medical care for older adults in South Orange County.

Age Well
Orange County's partner in aging

The Senior Non-Emergency Medical Transportation Program offers curb-to-curb service to help seniors get to medical appointments, including therapy, dialysis, dental, hearing, x-rays, testing, and prescription pick-ups.

Who Qualifies

Older adults must be age 60 years or older and reside in one of the following South Orange County cities.

- | | | | |
|------------------|-----------------|-----------------|--------------------------|
| • Aliso Viejo | • Ladera Ranch | • Laguna Woods | • Rancho Mission Viejo |
| • Dana Point | • Laguna Beach | • Lake Forest | • Rancho Santa Margarita |
| • Foothill Ranch | • Laguna Hills | • Mission Viejo | • San Clemente |
| • Irvine | • Laguna Niguel | • Newport Beach | • San Juan Capistrano |

Service Details

This program also provides transportation to select medical centers, including Kaiser Anaheim (Lakeview), UCI Medical Center in Orange, St. Joseph's Hospital of Orange, and the Long Beach Veterans Hospital. For destinations outside this zone, trips are limited to 15 miles from the client's residence to the medical facility.

- Service is available Monday - Friday, 7:00 am to 6:00 pm
- Clients may schedule up to 16 one-way trips per month (8 round trips)
- Rides must be booked at least 5 business days in advance
- No service is provided on holidays
- \$2.00 fare each way (exact change required)
- Caregivers ride free

Learn More or Apply!

Learn more and apply today at myagewell.org/transportation

✉ AWTransportation@myagewell.org ☎ (949) 855-9766



Scan to visit the website and access the application

Age Well
Orange County's partner in aging

Age Well Senior Services Care Management



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

Age Well Senior Services provides a continuum of care, offering support and advocacy to help empower older adults to live joyful, active, and independent lives for as long as possible.

Eligibility

Participants must be 60 or older, live in South Orange County, and be enrolled in an Age Well nutrition program. Eligible cities include:

- | | | |
|--------------------|-----------------|--------------------------|
| • Aliso Viejo | • Ladera Ranch | • Las Flores |
| • Capistrano Beach | • Laguna Beach | • Mission Viejo |
| • Coto de Caza | • Laguna Hills | • Rancho Santa Margarita |
| • Dana Point | • Laguna Niguel | • San Clemente |
| • Foothill Ranch | • Laguna Woods | • San Juan Capistrano |
| | • Lake Forest | |

Care Concierge

Our Care Concierge Program Consists of:

- ✓ 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 Drive, Suite 325
Lake Forest, CA 92630

Care Management Hours:

Monday - Friday | 8:00 AM - 4:00 PM

100% FUNDED BY AGE WELL YOUR SUPPORT IS APPRECIATED

Learn more at myagewell.org



Age Well
Orange County's partner in aging

Deliciousness Delivered For Less

Affordable Chef-Made Meal Plans
By Senior Cuisine Delivered

For O.C. 50+, Dependents, & Family Members

- Free Delivery Every Time. Save Money, Eat Well.
- Diverse Cuisine Options Made by Local Chefs.
- Fresh, Never Frozen. Just Heat, Eat, & Repeat.
- Weekly Meal Plans, Flexible Commitment.

Get \$20 off your first four orders with code 20off.

Scan QR Code or visit
www.myagewell.org/get-scd/





**South Orange
County**

August 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

MONGOLIAN CHICKEN Garlic Edamame Medley Ginger Brown Rice Tropical Cup Milk 3	GROUND BEEF PHILLY Tex Mex Soup Hoagie Roll Orange Chocolate Chip Cookie Milk 4	CHICKEN CACCIATORE Zucchini Apple Soup Italian Pasta Salad Orange Juice Oatmeal Raisin Cookie Milk 5	KOREAN BEEF MEATBALLS Creamy Cauliflower Medley Lemon Thyme Rice Pineapple Cup Milk 6	CHIMICHURRI SALMON Balsamic Red Cabbage Spanish Rice Orange Milk 7
BEEF CHILI Roasted Potatoes Coleslaw Wheat Roll Orange Milk 10	CHICKEN WALDORF SANDWICH Split Pea Soup Cinnamon Baked Apple Milk 11	ITALIAN BEEF MEATBALL SUB SANDWICH Tuscan Bean Soup Orange Apple Sauce Milk 12	GREEK CHICKEN SLIDER w/TZATZIKI SAUCE Tomato Feta Salad Pineapple Cup Chocolate Chip Cookie Milk 13	TERIYAKI CHICKEN Sesame Cabbage Medley Ginger Rice Orange Juice Oatmeal Raisin Cookie Milk 14
BEEF w/BEAN TACOS w/ TOMATILLO SLAW Corn Salad Spanish Rice Tropical Fruit Milk 17	CHICKEN SHAWARMA Creamy Cauliflower Soup Pita Bread Orange Milk 18	BEEF MEATBALLS w/MARINARA French Bistro Salad Spaghetti Pineapple Cup Milk 19	BBQ CHICKEN SLIDER w/ WHOLE WHEAT BUN Ranch Salad Tropical Fruit Milk 20	CHICKEN TARRAGON SANDWICH Tomato Basil Soup Orange Juice Chocolate Chip Cookie Milk 21
CHICKEN KEBAB Moroccan Carrots Mediterranean Pasta Salad Pineapple Cup Milk 24	SESAME CHICKEN Garlic Edamame Medley Ginger Brown Rice Orange Milk 25	CREAMY SALMON Tuscan Bean Soup Whole Wheat Pasta Orange Juice Milk 26	TURKEY CHILI Mashed Potatoes Coleslaw Wheat Roll Tropical Fruit Cup Milk 27	CHEESEBURGER Rosemary Roasted Potatoes Orange Milk 28
BEEF STROGANOFF Balsamic Cabbage Whole Wheat Penne Pasta Pineapple Cup Milk 31			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 prior to reservation date. You can RSVP in person at FSSC or by calling Lyn @ 949-215-3833 . No special requests or menu substitutions. Menu subject to change without notice. Our menus per meal average \$60 - 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

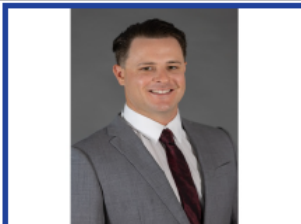


Looking for Senior Care Options?

*Let Us Help You Find
Personalized Options
For Your Loved Ones*

**Independent & Assisted Living • Alzheimer's & Dementia Care
Residential Care Homes • Home Care**

Call Us To Ease the Stress
(949) 842-3039



Jamie Vought
Senior Living Advisor



Chere Vought
Senior Living Advisor

Info@aplanforseniorcare.com | www.aplanforseniorcare.com

Marlene Bridges



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

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

- Coordinate Clean-Up, Clean-Out & Repairs
- 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

MOBILE (714) 745-2592 • OFFICE (949) 363-0901

www.OCHomesAndRealEstate.com



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 Penner, DPM
Podiatry



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



Miao Crystal Yu, M.D.
Obstetrics & Gynecology
Additional Language:
Chinese

MemorialCare
Medical Group

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





**BERKSHIRE
HATHAWAY**

HomeServices
California Properties

REALTORS® DRE #01770224, 01400624



**Laguna
Woods
Sales.com**

**WE HELP YOU
MOVE
FORWARD**
with Confidence.

**SELL YOUR HOME.
MOVE FORWARD IN LIFE.**



**Selling your home is one of life's
most important decisions.**



**We provide the space, time and
patience you need—while handling
every detail and getting you the
most for your property.**



MARCUS & LISA MILLER
LAGUNA WOODS VILLAGE SPECIALISTS



(949) 885-8812



LagunaWoodsSales.com

Turning 65 or new to Medicare?



**Looking for a new
Medicare plan?
I can help.**



\$0 monthly plan premiums available.

Finding a new plan can be simple when you know what you're looking for. Humana's Humana Gold Plus H5619-021 (HMO) plan is built to fit your unique needs and budget.



\$3,000 annual dental allowance
to help pay for covered yearly exams, fillings,
cleanings, extractions, X-rays, crowns and
dentures†



Vision coverage
which includes annual exam, fitting and up to \$450
allowance for glasses or contact lenses†



Worldwide coverage
for emergency and urgent care when you travel

**Call or text me to learn
more**



MARIA ROSALES
Licensed Humana sales agent
#OK40204

714-263-6290 (TTY: 711)

MRosales16@humana.com

Have you been curious about

A Memorial at Sea?
We've made it simple.

We help you plan & understand the details
of the memorial so you know exactly what
to expect.

We have clear plans for you to choose from.

We will help you complete the paperwork
involved with the laws around scattering
ashes at sea.

Simple. Personal. Memorable.

Yes, you can pre-plan a Memorial at Sea
Call today for a FREE Guide (949) 382-7782



**PACIFIC
CREMATION SERVICES**
Discover Simplicity

23101 Lake Center Drive, Suite 150
Lake Forest, CA 92630 | FD 2241
(949) 382-7782
PacificCremationServices.com



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.

LEARN MORE OR RESERVE YOUR PLAQUE

Call: 949-380-0155

Visit: Stop by to see the Memorial Wall in person



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.