

Age Well

FLORENCE SYLVESTER
SENIOR CENTER

September 2026 Newsletter



September Highlights

September 4th– Tony Rogers Live!
September 7th– Closed for Labor Day
September 10– Golden Age of TV
September 21– Oktoberfest Lunch
September 28– Featured Presentation
September 30– Voter Info Table

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

September 2026 Events

Monday

Tuesday

Wednesday

1

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

2

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) (RR)
12:30 Caregiver Support Group
1:00 Beginning Knitting (E)
1:00 Tai Chi (E)
2:00 Grief Share

7

HOLIDAY—CLOSED



8

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

9

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

14

9:00 HICAP (by appt.)
9:00 Balance & Mobility Class (E)
10:00 Balance & Mobility Class (E)
10:00 Pep4u Tremble Clefs Practice
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
1:00 MemorialCare Social Worker Talk (RR)
2:30 Tai Chi

15

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

16

9:00 Wire Wrapping Class (E)
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

21

9:00 HICAP (by appt.)
9:00 Balance & Mobility Class (E)
10:00 Balance & Mobility Class (E)
10:00 Pep4u Tremble Clefs Practice
10:00 Medicare Mingle with Michelle (Lobby)
11:30 Oktoberfest Lunch (RR)
1:00 Dance for Wellness
2:30 Tai Chi

22

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
1:30 Crafting with Optum

23

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 Caregiver Support Group
1:00 Beginning Knitting (E)
1:00 Tai Chi (E)
2:00 Grief Share

28

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 Pep4u Tremble Clefs Practice
10:00 Medicare Support w/ Ken (Lobby)
11:30 Lunch Café (RR)
1:00 Featured Presentation of the Month (RR)
(Protect Yourself From Scams & Fraud)
1:00 Dance for Wellness 2:30 Tai Chi

29

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

30

9:00 Wire Wrapping Class (E)
9:00 Balance & Mobility Class (E)
10:00 Balance & Mobility Class (E)
10:00 Tech Support (by appt.)
10:00 Registrar of Voters Info Table (Lobby)
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

3

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

10

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
2:00 Golden Age of Television

17

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
2:00 Golden Age of Television

24

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
2:00 Golden Age of Television

Friday

4

10:00 TOPS
11:30 Lunch Café (Arnie DiCioccio) (RR)
12:30 Cribbage
12:45 Movie (*Rudy*)
1:00 Friday Fun Series
Tony Rogers Live!

11

9:00 Low Vision Resource Corner
10:00 TOPS
11:30 Lunch Café (Arnie DiCioccio) (RR)
12:30 Cribbage
12:45 Movie (*Miracle*)
1:30 Crafting with Optum

18

10:00 TOPS
11:30 Lunch Café (Arnie DiCioccio) (RR)
12:30 Cribbage
12:45 Movie (*A League of Their Own*)

25

9:00 Low Vision Resource Corner
10:00 TOPS
11:30 Birthday Lunch Café
(Arnie DiCioccio) (RR)
12:30 Cribbage
12:45 Movie (*Mrs. Harris Goes to Paris*)

— FROM THE — *Director's Desk*

September is here, and there is so much to look forward to at Florence Sylvester Senior Center! As we head into fall, our calendar continues to grow with new classes, special events, community partnerships, and plenty of opportunities to connect with friends both old and new.

One of my favorite things about our center is seeing it filled with activity each day. Whether you join us for lunch, Bingo, a class, a special event, or simply stop by to say hello, you are an important part of what makes Florence such a welcoming and vibrant community.

We have even more planned for the months ahead, and I'm excited to continue finding new ways to bring people together, introduce new programs, and make Florence a place where everyone feels welcome.

Thank you for your continued participation, enthusiasm, and support. I hope to see you at the center soon and wish you a wonderful start to the fall season!

With gratitude,
Cassie Osequera

Upcoming Special Events

Age Well | FLORENCE SYLVESTER
SENIOR CENTER

INTRODUCING

FRIDAY Fun Series

YOUR FRIDAY PLANS JUST GOT BETTER

ONE FRIDAY EACH MONTH • SEPTEMBER - DECEMBER 2026

SEPTEMBER 4



TONY ROGERS LIVE!

Enjoy a special
afternoon performance
with drinks & snacks.

OCTOBER 23



PUMPKINS & TREATS

Pumpkin decorating
while enjoying festive
punch & fall treats!

NOVEMBER 20



PIE & CIDER TASTING

Sample a variety of fall
pies, sip cider & vote
for your favorite!

DECEMBER 11



CAROLS & COCOA

Sing along to holiday
favorites while enjoying
cocoa & cookies.

SPECIAL ACTIVITIES • ENTERTAINMENT • TREATS • GOOD COMPANY



1:00PM TO 2:00PM

Events are individually priced.
Advance registration is required.

Florence Sylvester
Senior Center
23721 Moulton Pkwy
Laguna Hills

CALL 949-380-0155 TO RESERVE YOUR SPOT!

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FRIDAY FUN SERIES PRESENTS



Enjoy a special afternoon of live music,
refreshments & great company with Tony Rogers!



FRIDAY, SEPTEMBER 4

1:00PM TO 2:00PM

\$5 PER PERSON

Drinks & snacks
included!



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FRIDAY FUN SERIES PRESENTS

PUMPKINS & TREATS



Get into the fall spirit with pumpkin decorating,
festive treats & plenty of seasonal fun!



FRIDAY, OCTOBER 23

1:00PM TO 2:00PM

\$10 PER PERSON

All supplies &
treats included!



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REGISTRAR OF VOTERS INFO TABLE



The Orange County Registrar of Voters will provide
nonpartisan election information, including key
dates, voting options, and answers to your questions.
Voter registration updates will also be available.

Wednesday, September 30 ➤ 10am-12pm

Questions?
949-380-0155

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23721 Moulton Pkwy, Laguna Hills

Reservations Required

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You're invited to our OKTOBERFEST LUNCH

Monday, September 21st at 11:30am



Prost! Join us for an Oktoberfest celebration with a special treat, raffle prizes, and plenty of festive fun. Oktoberfest 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.

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THE GOLDEN AGE OF TELEVISION

A WEEKLY CLASSIC TV SERIES



Take a nostalgic journey back to the Golden Age of Television!

Each week, we'll explore a beloved television program from the 1950s, learning how it was created, the impact it had on American culture, and why it remains a television classic.

EACH ONE-HOUR CLASS INCLUDES:

- A 15-minute introduction to the featured program
- A 30-minute viewing of a classic episode
- A 15-minute discussion on its impact, legacy, and participant reflections

No books. No homework.
No tests. Just classic television and great conversation!

FEATURED PROGRAMS

Week 1: September 10 <i>The Dick Van Dyke Show</i>	Week 8: October 29 <i>The Adventures of Hiram Holiday</i>
Week 2: September 17 <i>Kukla, Fran and Ollie</i>	Week 9: November 5 <i>The Cisco Kid</i>
Week 3: September 24 <i>The Danny Thomas Show</i>	Week 10: November 12 <i>Crusader Rabbit</i>
Week 4: October 1 Commercials of the 1950s	Week 11: November 19 <i>Fury</i>
Week 5: October 8 <i>The Beverly Hillbillies</i>	Week 12: November 26 No Class - Thanksgiving
Week 6: October 15 <i>Boston Blackie</i>	Week 13: December 3 <i>Zorro</i>
Week 7: October 22 <i>Richard Diamond</i>	Week 14: December 10 <i>Mr. Ed</i>

WITH DR. MICHELLE STANTON
RETIRED PROFESSOR OF FILM & TELEVISION, CALIFORNIA STATE UNIVERSITY SYSTEM



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

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CRAFTING WITH OUR PARTNERS

Get creative with us! Join us for fun, hands-on craft afternoons throughout the month. All supplies are provided.

THIS MONTH'S CRAFT DATES

FRIDAY
SEPTEMBER 11
1:30PM
CRAFTING WITH
Optum

WEDNESDAY
SEPTEMBER 16
1:30PM
CRAFTING WITH
Carmen

TUESDAY
SEPTEMBER 22
1:30PM
CRAFTING WITH
Optum

No experience needed — just come ready to create!
Call 949-380-0155 to reserve your spot.

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FEATURED PRESENTATION OF THE MONTH

PROTECT YOURSELF FROM SCAMS & FRAUD



Learn simple, practical ways to recognize scams, protect your personal and financial information, and know what to do when something doesn't seem right.

PAUSE • VERIFY • PROTECT



MONDAY, SEPTEMBER 28 | 1:00PM
Call 949-380-0155 to reserve your place

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Reservations Required

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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!



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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



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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

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23751 Moulton Pkwy, Laguna Hills, 92653



IN
PARTNERSHIP
WITH

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ART FOR HEALING

This 2-hour workshop teaches seniors how to **express feelings
with color** by working with acrylic paints on canvas.



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

Workshops are held at:
Florence Sylvester Senior Center

Maximum 10 participants per class

Facilitated by:
Art & Creativity for Healing Inc.

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

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

2026 Schedule

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

(3rd Wednesday due to Thanksgiving)
December 16
(3rd Wednesday due to Christmas)

www.art4healing.org

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



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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
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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

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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



PEP4U PARKINSON'S PROGRAMS

at Florence Sylvester Senior Center



TREMBLE CLEFS PRACTICE



EVERY
MONDAY



10:00AM-
11:00AM

Therapeutic singing to strengthen your voice while connecting with others through music.



PARKINSON'S COFFEE CHAT



1ST & 3RD
WEDNESDAY



10:00AM-
11:30 AM

Connect with others in the Parkinson's community for conversation, support, and friendship.



YOGA FOR PARKINSON'S



EVERY
THURSDAY



10:00AM-
11:00AM

Gentle stretching and movement to encourage flexibility, relaxation, strength, and well-being.

ABOUT PEP4U

EXERCISE • EDUCATION • PEER SUPPORT

Improving quality of life for people living with Parkinson's through movement, education, connection, peer support, and a welcoming community.

Programs are **FREE** to participants!

Learn more at PEP4U.org



FLORENCE SYLVESTER SENIOR CENTER
23721 Moulton Parkway, Laguna Hills, CA 92653



FOR MORE INFORMATION, CONTACT PEP4U
info@pep4u.org

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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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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

Ongoing Activities

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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
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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

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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

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949-380-0155

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JOIN THE FSSC BOOK CLUB!

LOVE TO READ? JOIN US FOR
LIVELY DISCUSSIONS, GREAT
BOOKS, AND GOOD COMPANY!

SECOND WEDNESDAY OF
EACH MONTH FROM 1-2PM

FOR MORE INFORMATION,
STOP BY THE FRONT DESK
OR CALL 949-380-0155

THIS MONTH'S PICK
Hotel Laguna
BY NICOLA HARRISON

Ongoing Activities

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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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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

OFFICE HOURS

with *Michelle*
from Humana



Stop by during office hours to ask questions, learn about Medicare, explore Humana's plans, or simply say hello!

No pressure - just good conversation.



1st Wednesday
of the month



1pm-2pm

October • November • December

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949-380-0155

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Humana.

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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



Ongoing Activities

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LOW VISION RESOURCE CORNER



Stop by to learn about resources and support available for people experiencing vision loss. No appointment required!



LIBRARY SERVICES

Accessible books,
audiobooks & more



LOW VISION OCCUPATIONAL THERAPY

Practical strategies
for everyday activities



SUPPORT GROUPS

Connection, support &
community

Helping you stay **connected**, **independent**, & **engaged**.



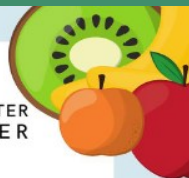
2ND & 4TH FRIDAY



9AM-12PM

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23721 Moulton Pkwy, Laguna Hills
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



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FRIDAY MOVIES

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

9/4 Rudy

1993, PG

9/11 Miracle

2004, PG

9/18 A League of Their Own

1992, PG

9/25 Mrs. Harris Goes to Paris

2022, PG

10/2 Apollo 13

1995, PG

10/9 Nonnas

2025, PG

Movies subject to change based on availability

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CONGRATULATIONS

VOLUNTEER OF THE MONTH!

SEPTEMBER 2026



DAN KEARNEY

Dan has been a volunteer for Meals on Wheels for the last year and a half. He always comes in with a cheerful spirit and a willingness to help in any way possible. He has made a meaningful difference to the people he has served!



South Orange County

September 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

	ASIAN TURKEY TACOS Ginger Carrot Soup Tortillas Ginger Thyme Brown Rice Tropical Fruit Cup Milk	1	BEEF MEATLOAF Garlic Mashed Potatoes Sauté Peas & Carrots Wheat Roll: Orange Apple Sauce & Milk	2	CILANTRO LIME CHICKEN Mediterranean Salad Lemon Thyme Brown Rice Orange Oatmeal Raisin Cookie Milk	3	MANGO CHICKEN SLIDER Zucchini Apple Soup Orange Juice Chocolate Chip Cookie Milk	4	
CLOSED Labor Day Observance  ***	CREAMY LEMON CHICKEN Ranch Salad Penne Pasta Orange Oatmeal Raisin Cookie Milk	8	BUFFALO CHICKEN Honey Glazed Carrots Cilantro Lime Brown Rice Orange Chocolate Chip Cookie Milk	9	CHIPOTLE CHICKEN SANDWICH Tomato Basil Soup Tropical Fruit Milk	10	SALISBURY BEEF STEAK Garlic Mashed Potatoes Carrot Raisin Slaw Wheat Roll Orange Milk	11	
MONGOLIAN CHICKEN Garlic Edamame Medley Ginger Brown Rice Tropical Cup Milk	14	KORAN BEEF MEATBALLS Creamy Cauliflower Medley Lemon Thyme Rice Pineapple Cup Milk	15	CHICKEN CACCIATORE Zucchini Apple Soup Italian Pasta Salad Orange Juice Oatmeal Raisin Cookie Milk	16	GROUND BEEF PHILLY Tex Mex Soup Hoagie Roll Orange Chocolate Chip Cookie Milk	17	CHIMICHURRI SALMON Balsamic Red Cabbage Spanish Rice Orange Milk	18
BEEF CHILI Roasted Potatoes Coleslaw Wheat Roll Orange Milk	21	CHICKEN WALDORF SANDWICH Split Pea Soup Cinnamon Baked Apple Milk	22	ITALIAN BEEF MEATBALL SUB SANDWICH Tuscan Bean Soup Orange Apple Sauce Milk	23	GREEK CHICKEN SLIDER w/TZATZIKI SAUCE Tomato Feta Salad Pineapple Cup Chocolate Chip Cookie Milk	24	TERIYAKI CHICKEN Sesame Cabbage Medley Ginger Rice Orange Juice Oatmeal Raisin Cookie Milk	25
BEEF w/BEAN TACOS w/ TOMATILLO SLAW Corn Salad Spanish Rice Tropical Fruit Milk	28	CHICKEN SHAWARMA Creamy Cauliflower Soup Pita Bread Orange Milk	29	BEEF MEATBALLS w/MARINARA French Bistro Salad Spaghetti Pineapple Cup 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 FSSC or by calling Lyn @ 949-215-3833 . No special requests or menu substitutions. Menu is subject to change without notice. Our menus, per meal, average 500 - 700 calories.			

 Meal contains sodium over 1000mg

All meals comply with the Dietary Guidelines for Americans (DGA) 2020-2025 & Dietary Reference Intakes (DRI) for older adults as determined by the California Dept. of Human Services Agency & the U.S. Dept. of Agriculture. Age Well may substitute a menu with equal nutritional value due to food price or food availability. This project is funded in part through a grant from the California Department of Aging, as allocated by the Orange County Board of Supervisors & administered by the Office on Aging.

Marlene Bridges



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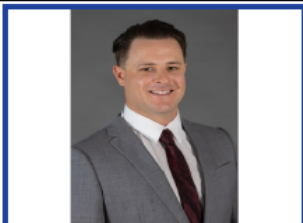


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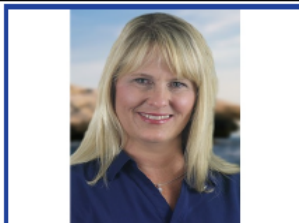
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Kien-An Duong, M.D.
Internal Medicine
Primary Care
Additional Languages:
Chinese & Vietnamese



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.
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