

LAGUNA NIGUEL SENIOR CITIZENS CLUB, INC.



FEBRUARY, 2015

VOLUME 32, No. 2

Sr. Club *Heart's Day* February 14th **Check Out**
 Office **CLOSED** Feb 16 **Our Many NEW**
 for President's Day! **Added Tours!!!** Pg 10 & 11



Save this date...

MAY 31

for a very
Special Concert & Celebration

To all of our ailing members...



GET WELL SOON!

FEBRUARY 16
Presidents' Day



George Washington
 2/2/1732-
 12/14/1799

★ ★ ★
"I hope I shall possess firmness and virtue enough to maintain what I consider the most enviable of all titles, the character of an honest man."



★
"America will never be destroyed from the outside. If we falter and lose our freedoms, it will be because we destroyed ourselves."

Abraham Lincoln
 2/12/1809-
 4/15/1865



Coming to Us in February!

A Special Entertainer!

3rd Friday Luncheon

Friday, February 20 • 11:30am - 1:00pm

Precious Jade Teo!

Precious Jade's original song "The Christmas Song" was selected by Warner Brothers for use in the movie "A Dennis the Menace Christmas"! She has taken her experiences from life and put them into words for songs expressing her hopes, belief and emotions. She will be singing many old favorites along with her own special inspiration music! Join us for this February musical fun!

RSVP Robin (949) 362-2807

\$4.50 Donation

Sr. Club Office

(949) 362-2937

Senior Club Office Hours

10 am - 2 pm • Mon- Fri

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February Events

FEBRUARY 2015

Every Wed Bingo 12:20-3:00
 Every Wed Party Bridge 12:30
 1st,2nd,4th Fri Party Bridge 12:30
 Every Thurs Scrabble 1:00-3:00
 Starting in Feb! BOOK CLUB GROUP!
 1st Fri 1:00-3:00pm

Feb. 20 Board Meet 1:00-3:00
 Feb. 20 3rd Fri. Lunch 11:30-1:00

Precious Jade Teo

A beautiful lady of song...
 Bring your friends & neighbors!



Party Bridge

Wednesdays 12:30-3:30pm
 1st, 2nd, & 4th Fridays
 12:30-3:30pm



Bingo!

Wednesdays
 12:20 to 3:00
Buy-ins end 12:20!



Scrabble

Thursdays
 1:00 - 3:00
 Sun Room



Book Group

STARTING IN FEBRUARY
 New 1st Fridays
 1:00-3:00

BINGO NEWS

Payouts for Jan 21:

\$40 for first 9 games.....
 \$50 for last game.....
 \$96 for the "break game"

The more players we have...
 the more the payouts soar!!!
 So... invite your friends!

Care and Concern...

We like to know how our members are doing. When a member becomes ill, we want them to receive a get-well card or token of encouragement.

Please call the Club Office at

362-2937

and leave a message for
Kissie Clifton
 Care and Concern.

Thanks!



BOOK GROUP

1st Friday of Each Month 1:00-3:00

If you enjoy reading, discussions about what you've read, social time and refreshments, plan to join this free group. RSVP so we can plan for plenty of refreshments.

At the first meeting, please bring a copy of one of your favorite books to share, and everyone attending will decide on the book selection for the following month.

If you have questions please leave a message with your name and phone number for Beth Andriani in the Club Office.

Invite your book-loving friends, and end the week with fun, food and conversation!

Have lots of fun & make new friends!

Officers

PRESIDENTYvonne Davis
 VICE-PRESIDENTMarc Winer
 TREASURER.....Willie Goodman
 SECRETARYMuriel Calfe

Board Members

ENTERTAINMENTSandy Simonson
 HISTORIAN/ASST. TO TREASURERBetty Pequet
 PUBLIC RELATIONSSandy Simonson
 OFFICE MANAGEROPEN
 NEWSLETTER EDITORVicki Hayes
 TRAVEL PROGRAMSVickie Hsiung
 ADVERTISING/ACTIVITIES.....Marc Winer
Beth Andriani, Advertising Asst.
 MEMBERSHIP/ASST. TO TREASURERSteve Morris
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 DESK VOLUNTEER COORDINATOR ..Geri Grignano
 COMMITTEE CHAIR, CARE/CONCERN ..Kissie Clifton
 ASSISTANT TO BOARD.....Paula Ahern
 BINGOSr. Club Board
 PARTY BRIDGEMarina Lopez

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Vicki Hayes
 Newsletter Editor E-Mail:
vickiz.studio3@gmail.com

President's Corner...

I truly hope this Newsletter finds you in good health!

Because of illnesses, jobs, and vacations in January, there was no quorum for a Board of Directors meeting. **The February Board Meeting is scheduled for Friday, Feb. 20 starting right after our 3rd Friday Luncheon.**



Kissie, our wonderful Care and Concern Chairperson, was kept busy sending out cards, making phone

calls, etc. Several others also assisted with calls, driving and visiting "home bound" and hospitalized members. "Thank you Kissie" for all you do.

We did have a "Concert & 30th Anniversary Committee" meeting, and volunteers offered their talents and services in many areas to make this upcoming event a fun and appropriately wonderful celebration! **Mark that date... Sunday, May 31, 2015.** Watch for when ticket sales begin, and get your tickets early from the Club Office.

Please remember our 3rd Friday Luncheons... bringing you special monthly entertainment. Share the fun by inviting your neighbors and friends! Show them our fantastic Center, and encourage them to join our Sr. Club.

Volunteering is such a wonderful way to meet new friends and share your time. Playing Bingo, Bridge, Scrabble and joining the new Book Club are just a few of the opportunities the Sr. Club offers. This Newsletter is also an advantage of being a member, and it is delivered to your home (if you are a paid member). You get "first hand" the current information of events, tours and other happenings with the Sr. Club.

We want to meet you, talk with you...
See you soon?

Yvonne Davis
President



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♥♥♥♥♥



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Members...

We can help the Lions Club out!
Bring your outdated eyeglasses to the drop box in the Sr. Club Office, and the Lions Club will distribute them to folks who are unable to afford new ones!



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If you have only one smile in you,
 give it to the people you love. *Maya Angelou*

The minute I heard my first love story, I started
 looking for you, not knowing how blind that was.
 Lovers don't finally meet somewhere.
 They're in each other all along. *Rumi*

When you love someone all your saved up wishes
 start coming out. *Elizabeth Bowen*

A friendship that like love is warm;
 A love like friendship, steady. *Thomas Moore*

They invented hugs to let people know you love
 them without saying anything. *Bil Keane*

Harmony is pure love, for love is a concerto.
Lope de Vega

We are most alive when we're in love.
John Updike

Love is our true destiny. We do not find the
 meaning of life by ourselves alone -
 we find it with another. *Thomas Merton*

For it was not into my ear you whispered, but
 into my heart. It was not my lips you kissed,
 but my soul. *Judy Garland*

All you need is love. But a little chocolate now
 and then doesn't hurt. *Charles M. Schulz*

I'd kiss a frog even if there was no promise of a
 Prince Charming popping out of it. I love frogs.
Cameron Diaz

Romance is thinking about your significant other,
 when you are supposed to be thinking about
 something else. *Nicholas Sparks*

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11 Simple Health Habits Worth Adopting Into Your Life

When it comes to building healthy habits, small decisions add up over time. Some ideas for ways to be healthier every day:

- 1** Get plenty of exercise appropriate for your physical condition. It has been mentioned again in the news that becoming too sedentary can lead to poorer health and shorter life. Get up every half hour or so and walk around. Move it or lose it!
- 2** Drink 1 extra glass of water
There are health benefits to drinking more water. It helps keep your temperature normal, lubricates and cushions joints, protects your spinal cord and other sensitive tissues, and gets rid of wastes through urination, sweat, and bowel movements. You can also add flavor to your water to help up your intake.
- 3** Take a 10-minute walk
Even if it's cold outside, you can often walk comfortably by dressing right: Start with a sweat-wicking layer next to your body, add insulating layers for warmth, and top them off with a waterproof shell.
- 4** Focus on sitting up straight
Having good posture can prevent aches and pain and it can also reduce stress on your ligaments. You can try to leave yourself a note to sit up straight, until it becomes an unconscious habit. Walking with your shoulders back and head held high can also make you feel good about yourself.
- 5** Go to bed ½ hour earlier
Do you sleep a solid seven or eight hours most nights? Many of us don't, but experts say this is a marker of good heart health. Solid sleep doesn't just give you more energy, it can also help with healthy eating goals. When you're short on sleep, it reduces your body's production of hormones that suppress appetite, which can contribute to weight gain.
- 6** Replace 1 can of diet soda with carbonated water
If you drink diet soda each day, use carbonated

mineral water to help wean yourself off of it. Research suggests the brain reacts to artificial sweeteners much like it does to sugary sweets. Ingesting them frequently can increase your desire for high-calorie foods and put you at risk for weight gain.

7 Hold on to your kitchen sink, and balance on one leg for 10 seconds at a time, then switch to the other leg. This is a simple exercise. It's a part of neuromotor training, which helps you improve your balance, agility and mobility — all things you need in everyday movement and in other forms of exercise.

8 Weigh yourself every week
To keep your weight from creeping up on you, set a weekly maintenance or loss goal for yourself, write it down, and check yourself against that goal. Weigh yourself each week on the same day and at the same time — and wearing the same amount of clothing for consistency.

9 Eat a healthy breakfast every day
Eat something high in fiber that includes protein to keep you full and energized. If you start the day out right, you tend to eat better overall. Tired of the same bowl of oatmeal? Add different toppings to make it more exciting.

10 Include greens and lettuce in your meals
Incorporate lettuce into your meals to add nutrients and water to your diet. The fiber in lettuce helps to fill you up, and it does so at just 20 calories per serving. Lettuces that are dark green and reddish in color are the most nutritious and the most flavorful. But even the popular, pale iceberg lettuce provides water, fiber and folate.

11 Find creative substitutions for unhealthy foods
Work to eliminate foods and snacks that you buy regularly that are high in calories but low on their health benefit. Eat them less often, as an occasional treat. Try using low-fat dairy, whole grains, healthy oils (avocado and olive oil) and natural sweeteners (fruit) instead of high-fat or sugary alternatives.

It is important to seek your physician's advise and consent when making changes to diet and exercise.

Remember that building new healthy habits can take some time. Stay focused on your goal, and if you slip along the way, just start again.

Household Hints...

- 1. Running your bacon under cold water before cooking will reduce shrinking by up to 50%!**
- 2. 9 foods that get rid of an upset stomach: bananas, ginger, plain yogurt, papaya, apple sauce, oatmeal white rice, chamomile tea, chicken broth**
- 3. Do not use chemicals to kill ants. Instead, get a spray bottle, fill it with water and salt (25%), shake well, spray... boom, dead!**



Let us hear from you!

Share your trip experiences, books you have recently read, Club history you have lived...
Sr. Club Desk or help us with event planning!
YOUR "input" is Important!!!
Call Yvonne Davis, Office Coordinator
362-2937

Welcome New & Returning Members!

Marion Ramos, Donna Mae Longstreet, Bernice Conder,
Elaine Stanley, Millard & Brenda Campbell,
Don & Carol Leone, Bonnie Schulkin, Rick Brown,
Rachel Burton, Randle V. Dewees,
Richard & Edith Casey, Julia Nakasone,
Marguerite Basel, Edward & Anne Brinkley,
Susan Roberts, Hossein Soltani, Ceceil McCullough,
Lynn Gerspach, Barbara Porter, Celeste Hrifko,
Kathryn Murphy, Kareen Singer, Ruth Pelletier,
Precious Teo, Gloria Kimmel, Marie & Calvin Stewart,
Liliane Mikhail, Roger & Louise McInnes, Mary Nieto,
Fereshteh Sadr, Nora Portel, Darlene Weber,
Shirlee Dirienz, Dorothy McIntyre,
Al & Christina Macias, James & Marcia Shelton,
Margaret Olson, Paul & Miyoko Sugihara,
Mary Dedeaux

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I THOUGHT YOU SAID
PIE AND LATTES...

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On Presidents' Day...

Let's Reflect on the Great Country Our Past Great Presidents Created!

This excerpt comes from a Romanian Newspaper. The article was written by Mr. Cornel Nistorescu and published under the title 'C'ntarea Americii, meaning 'Ode To America') in the Romanian newspaper Evenimentulzilei 'The Daily Event' or 'News of the Day'.

An Ode to America

Why are Americans so united? They would not resemble one another even if you painted them all one color! They speak all the languages of the world and form an astonishing mixture of civilizations and religious beliefs.

On 9/11, the American tragedy turned three hundred million people into a hand put on the heart. Nobody rushed to accuse the White House, the Army, or the Secret Service that they are only a bunch of losers. Nobody rushed to empty their bank accounts. Nobody rushed out onto the streets nearby to gape about. Instead the Americans volunteered to donate blood and to give a helping hand.

After the first moments of panic, they raised their flag over the smoking ruins, putting on T-shirts, caps and ties in the colors of the national flag. They placed flags on buildings and cars as if in every place and on every car a government official or the President was passing. On every occasion, they started singing: 'God Bless America!'

I watched the live broadcast and rerun after rerun for hours listening to the story of the guy who went down one hundred floors with a woman in a wheelchair without knowing who she was, or of the Californian hockey player, who gave his life fighting with the terrorists and prevented the plane from hitting a target that could have killed other hundreds or thousands of people.

How on earth were they able to respond united as one human being? Imperceptibly, with every word and musical note, the memory of some turned into a modern myth of tragic heroes. And with every phone call, millions and millions of dollars were put into collection aimed at rewarding not a man or a family, but a spirit, which no money can buy.

What on earth unites the Americans in such a way? Their land? Their history? Their economic Power? Money?

I tried for hours to find an answer, humming songs and murmuring phrases with the risk of sounding commonplace, I thought things over, I reached but only one conclusion... Only freedom can work such miracles.

Cornel Nistorescu

(It took a person on the outside - looking in - to see what we take for granted!) GOD BLESS AMERICA! ! !



OPERATION INTERDEPENDENCE

Seniors... you can't imagine how much getting a package from home means to our heroes. Their morale goes up knowing that we on the home front are thinking about them.

Every kit sent has a note in it, with a few words of encouragement. Please continue to support this very worthy cause. We need your donated items. See list on right.

Seniors... Your cash donations are very essential.
WE FELL VERY SHORT IN OUR JANUARY DONATIONS! Let's give even more in February!

I wish to thank all my loyal supporters who have stuck by me for the past six and a half years.

Bernice Adams, *Volunteer Coordinator*
OPERATION INTERDEPENDENCE

- ▶ lip balm
- ▶ lotions
- ▶ packets of snacks
- ▶ tooth brushes
- ▶ tooth paste (Crest only)
- ▶ foot powder
- ▶ packets of powdered drinks
- ▶ packets of coffee
- ▶ sealed candy
- ▶ packets of tissues
- ▶ packets of Spam
- ▶ granola bars
- ▶ Cup of Noodles
- ▶ liquid soap (please no bar soap)
- ▶ small cans of tuna
- ▶ small magazines
- ▶ playing cards
- ▶ and **WHITE CREW SOCKS**

LET'S SHOW OUR LOVE FOR OUR FIGHTING HEROES!



The 3 C's of life: Choice, Chance, Change.

**You must make a CHOICE
to take a CHANCE
or your life will never CHANGE!**

Zig Ziglar

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• Sing Me a Song Riddle

The clever butler needed some extra cash, so he tells his master:

"I know almost every song that has ever been written"

The master laughs at this, but the butler says, "I am willing to bet you a month's pay that I can sing a song that you have heard of with the lady's name of your choice in it."

"Deal", says the master. "How about my mother's name, Felicity Jane Ashley?"

And so the butler sang and earned himself an extra months pay.

What song did he sing?

• A Numbers Riddle

Children aged between 4 and 6 can solve this problem in less than 5 minutes. Can you?

8898=7

4566=2

1203=1

2313=0

4566=2

5464=1

7774=0

1003=2

9856=4

9955=2

1886=5

1231=0

8764=3

4500= _____

• Lily Patch Riddle

In a lake, there is a patch of lily pads. Every day, the patch doubles in size. If it takes 48 days for the patch to cover the entire lake, how long would it take for the patch to cover half the lake?

• Cottage, Swiss, Cake

Can you think of a word associated with all three of these words:

cottage, Swiss, cake

• Machines Making Widgets Riddle

If it takes 5 machines 5 minutes to make 5 widgets, how long would it take 100 machines to make 100 widgets?

• All Roses Brain Teaser

All roses are flowers.
Some flowers fade quickly.
Therefore some roses fade quickly.

True or False?

• Bat & Ball Riddle

A bat and a ball cost \$1.10. The bat costs one dollar more than the ball. How much does the ball cost?

• Maple Syrup Spy Riddle

A German spy was in Canada trying to steal insider information on how to set up new Maple Syrup factories in Germany. He was being introduced to the operations manager of the biggest factory in Canada.

However the manager was suspicious and decided to test him with a question before he trusted him. So he asked, what would you be sure to find in the middle of Toronto?

The spy thought fast and came up with an answer for the manager.

What did he say?

• Fruity Maths

A farmer in Australia grows a beautiful pear tree, which he harvests to supply fruit to all the nearby grocery stores.

One of the store owners has called the farmer to see how much fruit is available that he can buy. Unfortunately the farmer isn't currently near the tree, so he has to work it out in his head.

He knows that the main trunk of the tree has 24 branches. That each branch has 12 boughs and that each bough has only got 6 twigs. Each one of these twigs bears one piece of fruit, so how many plums will he be able to sell to the store owner?

• Are You Crazy

During a visit to a mental asylum, a visitor asked the Director what the criteria is that defines if a patient should be admitted.

"Well," said the Director, "we fill up a bathtub. Then we offer a teaspoon, a teacup, and a bucket to the patient and ask the patient to empty the bathtub."

Okay, here's your test: Would you use the spoon, the teacup or the bucket?

"Oh, I understand," said the visitor. "A normal person would choose the bucket, as it is larger than the spoon."

What was the director's response?

Answers on Page 14

A Little Levity...

After a meeting several days ago, I couldn't find my keys. I quickly gave myself a personal "TSA Pat Down."

They weren't in my pockets. Suddenly I realized I must have left them in the car. Frantically, I headed for the parking lot. My husband has scolded me many times for leaving my keys in the car's ignition.

He's afraid that the car could be stolen. As I looked around the parking lot, I realized he was right.

The parking lot was empty. I immediately called the police. I gave them my location, confessed that I had left my keys in the car, and that it had been stolen.

Then I made the most difficult call of all to my husband: "I left my keys in the car and it's been stolen."

There was a moment of silence. I thought the call had been disconnected, but then I heard his voice. "Are you kidding me?" he barked, "I dropped you off!"

Now it was my turn to be silent.

Embarrassed, I said, "Well, come and get me."

He retorted, "I will, as soon as I convince this cop that I didn't steal your damn car!"

Welcome to the golden years.....

A Little More Levity...

Getting Old... To my Ever--So-Young friends!

I very quietly confided to my best friend that I was having an affair. She turned to me and asked, 'Are you having it catered?'

And that, my friend, is the definition of "OLD"

~ ~ ~

Reporters interviewing a 104-year-old woman:

'And what do you think is the best thing About being 104?' the reporter asked.

She simply replied, 'No peer pressure.'

And that, my friend, is the definition of "OLD"

~ ~ ~

I've sure gotten old!

I've had two bypass surgeries, a hip replacement, New knees, fought prostate cancer and diabetes I'm half blind, can't hear anything quieter than a jet engine,

Take 40 different medications that

Make me dizzy, winded, and subject to blackouts.

Have bouts with dementia. Have poor circulation;

Hardly feel my hands and feet anymore.

Can't remember if I'm 85 or 92.

Have lost all my friends. But, thank God,

I still have my Florida driver's license!!!!!!



Live Every Moment

For many, the word "hospice" is difficult to hear. It conjures up feelings of helplessness and abandonment... but the realities are so much more promising. At VITAS, our mission is to enrich the quality of life for those who have a limited time to live.

- Hospice is not a place. It is a way to care for patients—most of whom prefer to remain at home.
- The expert staff at VITAS control pain, manage symptoms and facilitate comfort while addressing the spiritual and emotional needs of the patient and their families.
- In addition to regularly scheduled care, VITAS nurses are available 24 hours a day for shifts of Intensive Comfort Care or unplanned visits, as needed.

Hospice is not about losing hope or giving up. By taking advantage of the care that an experienced hospice team provides, the focus becomes maximizing quality of life.

For information: 714.921.2273

For admissions and referrals: 800.938.4827 • VITAS.com



TOURS Multi-Day & Day Tours

Blossom Trail & Wonder Valley Ranch

February 22-25, 2015 • 4 days

This tour is a wonderful combination of California's Blossom Trail as well as local sightseeing, entertainment and food. As we travel the Blossom Trail – a picturesque drive through the heart of Fresno County's orchard country, we'll enjoy a three-night leisure stay at the Wonder Valley Ranch Resort, nestled in the scenic Sierra foothills. Wonder Valley is a fun-filled resort that caters to active adults and seniors and our stay will be filled with activities that highlight the area and the spring season.

Member Price: \$ 699 pp/dbl.; \$ 839 pp/sgl.
Non-Member Price: \$ 734 pp/dbl.; \$ 881 pp/sgl.
Deposit: \$ 100 per person.

Desert Bloom

April 12-13, 2015 • 2 days

Join an expert geographer-guide and travel from the mountains to the desert and learn about the geologic and geographic phenomena that we will encounter along the way. This two day journey includes Julian, Anza-Borrego State Park and the wine tasting in the Temecula Valley along with an overnight at the Pala Resort Casino.

Member Price: \$ 299 pp/dbl.; \$ 369 pp/sgl.
Non-Member Price: \$ 314 pp/dbl.; \$ 387 pp/sgl.
Deposit: \$ 75 per person.

California Mansions, Gardens & Rail

April 16-22, 2015 • 7 days

On this rail journey across California we'll be in search of the largest and most unique mansions as well as the most beautiful gardens at a perfect time of year. From the Hearst Castle on the Central Coast...to the Filoli Mansion and Winchester Mystery House in the Bay Area...to the mansions in Sacramento and the California Gold Country...and the Victorian mansions of the Central Valley, this unique itinerary features incredible sights, impressive experiences and intriguing history to create indelible memories.

Member Price: \$ 1399 pp/dbl.; \$ 1849 pp/sgl.
Non-Member Price: \$ 1478 pp/dbl.; \$ 1941 pp/sgl.
Deposit: \$ 250 per person.

Grand Hotels of the Shenandoah

May 24-31, 2015 • 8 days

Join us as we explore Virginia's Shenandoah Valley staying at grand hotels, dining at historic inns and visiting some of our nation's most beautiful and meaningful sites. Travel the Blue Ridge Parkway and Skyline Drive through Shenandoah National Park, tour the bunker at the Greenbrier Hotel, visit Jefferson's home at Monticello and see where the Civil War ended 150 years ago at Appomattox Court House. From the Luray Caverns to the blooming gardens and the historic cities of Winchester, Richmond and Fredericksburg, this all-inclusive tour is truly an incredible journey.

Member Price: \$ 2899 pp/dbl.; \$ 3499 pp/sgl.
Non-Member Price: \$ 3044 pp/dbl.; \$ 3674 pp/sgl.
Group Airfare Available: from \$495 pp
Deposit: \$ 300 per person.

Central Coast Lighthouses by Rail

May 31-June 4, 2015 • 5 Days

Join us as we go in depth along California's Central Coast – from Santa Cruz to Malibu by way of Monterey, Big Sur, Cambria and Santa Barbara. Travel by train and motorcoach along the spectacular Pacific Coast Highway. We'll experience it all as we enjoy stays at quaint beach front hotels, tours of historic lighthouses and relaxing walks on the beaches – providing a true sense of timelessness and reconnection.

Member Price: \$ 1199 pp/dbl.; \$ 1599 pp/sgl.
Non-Member Price: \$ 1259 pp/dbl.; \$ 1679 pp/sgl.
Deposit: \$ 250 per person.

Boston, Salem & Maine's Rocky Coast

June 5-12, 2015 • 8 Days

This week long journey travels from Boston to Massachusetts' North Shore and continues along Maine's sandy beaches in the south, to its craggy mountains and rock bound coast in the north. See why this fabled coastline has attracted sailors, wealthy vacationers and famous artists as you explore the best of Boston, Salem and Maine's rocky coast.

Member Price: \$ 1999 pp/dbl.; \$ 2549 pp/sgl.
Non-Member Price: \$ 2099 pp/dbl.; \$ 2677 pp/sgl.
Deposit: \$ 300 per person.
Group Airfare Available: from \$495 pp.

TRAVEL PROTECTION/CANCELLATION

Travel protection/cancellation insurance is highly recommended for all multi-day tours. If travel protection has not been purchased, only recoverable funds less a cancellation charge of \$50 will be reimbursed once payment has been made. Amount of reimbursement depends on the date of cancellation.

If travel protection has been purchased and you must cancel prior to departure or leave the tour enroute for a reason approved by the insurance company, you will receive a full refund (or partial if enroute), minus the cost of the premium. Other benefits include medical expenses for illness and injury, emergency transportation, and lost/stolen/damaged luggage. Pre-existing medical conditions are only covered if protection is purchased at time of deposit. See travel protection plan for full details and exclusions. Travel protection brochures are available in the Club office.

MULTI-DAY INFORMATION

- Only deposits guarantee space and deposits in full are due at time of booking.
- An invoice for the balance payment will be sent directly from the tour operator and is due 60 days prior to departure.
- There is a daily seat rotation on multi-day tours.
- Tour pacing and physical demands (walking, stairs, etc.) varies by each tour; however, every tour involves some walking and climbing stairs to enter/exit the motor coach.
- Detailed day-by-day brochures are available on these tours.
- Prices for multi-day tours **DO NOT INCLUDE** GRATUITIES

Buddha & Benihana

Hsi Lai Buddhist Temple & Benihana Lunch

Wednesday, February 11, 2015

Enjoy a tour at the largest Buddhist complex in the Western Hemisphere, splendidly decorated for the Chinese New Year. Built in 1988, at a cost of \$300 million, it sits majestically over-looking Hacienda Heights. Hsi Lai (pronounced she lie) means "coming to the West" and signifies the dedication of the Fo Guang Shan Buddhist Order to spread the teachings of the Buddha to those in the West. The little pagodas, exquisite flowers, majestic Bodhisarva Hall and Museum of Oriental Art, all serve to put you in a tranquil mood. After a fascinating docent-guided walking tour, we'll enjoy an included made-to-order Teppan lunch (with choice of meat) at Benihana Restaurant that is both entertaining and delicious! Note: no tank tops, shorts or short skirts. Suggested: walking shoes as there is considerable walking and stairs.

Member: \$ 76 Non-Member: \$ 84

Prices include tour director and driver gratuity

Depart: **LAGUNA HILLS MALL** 8:00 am • Return: 4:30 pm

Tribute to Huell Howser: "Castle and Cream"

Thursday, March 12, 2015

On this tribute to Huell Howser we'll see clips of "California's Gold" and "Visiting...With Huell Howser" onboard, and walk in his footsteps as we visit the sights ourselves. On a docent-guided tour of Rubel Castle, we'll walk the grounds and see the partially concrete walls made out of scrap steel, rocks, bedsprings, coat hangers, bottles and everything in between - it's much like Watts Towers. Enjoy an included delicious BBQ-style lunch at a local favorite restaurant in the quaint Glendora Village. Then, you're in for a real nostalgic treat as we visit Fosselman's Ice Cream, in business for over 95 years, for an included dessert! To honor Huell, we've included within the tour price a donation to the California's Gold Scholarship Fund at Chapman University. Note: The castle has uneven walking surfaces and lacks handrails. This tour is not recommended for anyone who uses a cane or walker or has limited eyesight. Walking shoes are necessary to fully enjoy this unique opportunity.

Member: \$ 81 Non-Member: \$ 89

Prices include tour director and driver gratuity

Depart: **LAGUNA HILLS MALL** 7:45 am • Return: 6:15 pm

Pala Casino

Tuesday, March 24, 2015

This elegant four-diamond casino near Temecula features 2,300 state-of-the-art slot machines, 87 Vegas-style table games, gourmet restaurants, a buffet and a food court. We stay 5 hours on property and play bingo on the coach! Required: bring your Pala 'Privileges' card or valid picture identification to register for one upon arrival.

Member: \$ 27 Non-Member: \$ 32

(with \$5 "Added Play" upon arrival)

Prices include tour director and driver gratuity

Depart: **LAGUNA HILLS MALL** 8:45 am • Return: 5:00 pm

***** **Important to Note** *****

All tours are first-come, first-served.
R.S.V.P. (949) 362-2937 NOW
to make sure you get your tour!

Easter Champagne Brunch

Sunday, April 5, 2015

Treat your family or yourself to a spectacular day in San Diego for the holiday. Enjoy a scrumptious brunch while aboard a leisurely 2-hour scenic narrated cruise in San Diego's harbor. This cruise covers 25 miles and both the northern and southern ends of San Diego Bay. Highlights include the North Island Naval Air Station, Harbor and Shelter Islands, the Coronado Bridge, the USS Midway, Star of India, the U.S. Navy surface fleet, the nuclear submarine base, North Island Naval Air Station, Ballast Point, Cabrillo Monument and more! The spectacular brunch buffet includes hot breakfast items, a variety of lunch items, made-to-order omelet station, seafood station, salad station, carving station, an assortment of desserts and unlimited champagne. Also, enjoy some time to stroll the picturesque Seaport Village.

Member: \$ 116 Non-Member: \$ 126

Prices include tour director and driver gratuity

Depart: **LAGUNA HILLS MALL** 9:15 am • Return: 5:00 pm

Small Town Charm & Big City Ideas

Friday, April 10, 2015

Today we are joined by local professional step-on guide and former professor of urban studies, Bill "Hoffy" Hoffman. This tour first takes you on a self-guided tour of BAPS Shri Swaminarayan Mandir, a Hindu temple of worship that is a hidden gem tucked away in Chino Hills. Right away you will notice the magnificent architecture and the stunning intricately detailed exterior, hand-carved with pinkstone. Then we will tour nearby Scripps College - rated the 4th most beautiful campus in the U.S. - to view its gardens and incomparable murals. With our local guide, stroll the Claremont Village - within its 1920s craftsman ambience and tree-lined streets, are over 150 boutiques and restaurants. Here, enjoy an optional lunch at Walter's, a fine dining restaurant that is a local favorite, or lunch on your own. This afternoon we'll visit the Rancho Santa Ana Botanical Gardens for a self-guided visit. Note: no tank tops, shorts or short skirts. Suggested: walking shoes and socks as you will be asked to remove your footwear upon entering the Hindu temple.

Member: \$ 71 Member With Included Lunch: \$ 111

Non Member: \$ 79 Non-Member With Included Lunch: \$ 121

Prices include tour director and driver gratuity

Depart: **LAGUNA HILLS MALL** 7:45 am • Return: 6:30 pm

Cowboy Festival

Saturday, April 18, 2015

Giddy up ya'll, it's time to put on our cowboy boots, hat and saddle up to the 22nd annual Cowboy Festival - a fun way to experience and honor the authentic Old West. Marvel at the professionals trick roping, blacksmithing, quilting and cowboy cooking, as well as wonderful entertainment that takes place throughout the day on multiple stages. This year the festival is being held at William S. Hart Park in Santa Clarita, home to the beautiful Spanish Colonial Revival Style Mansion of the famed silent film actor and director who produced a series of hit Western movies in the early 1900's. The Mansion now houses the William S. Hart Museum which displays an impressive collection of Western artwork by noted artists Charles M. Russell, Frederic Remington, and Joe deYong, as well as mementos from early Hollywood, personal furnishings and effects. The Museum also includes an historic 1910 Ranch House that exhibits Hart's tack and saddle collection, personal furnishings, and additional Hollywood mementos. Enjoy ample time at leisure to enjoy the festival and lunch on your own - there are a number of food options including an authentic chuck-wagon barbecue! Suggested: walking shoes.

Member: \$ 71 Non-Member: \$ 79

Prices include tour director and driver gratuity

Depart: **LAGUNA HILLS MALL** 7:45 am • Return: 6:00 pm

Good old Frank -- Frank Feldman

A man walks out to the street and catches a taxi passing by. He gets into the taxi, and the cabbie says,

Cabbie: "Perfect timing. You're just like Frank."

Passenger: "Who?"

Cabbie: "Frank Feldman... he's a guy who did everything right all the time. Like my coming along when you needed a cab... things happened like that to Frank Feldman every single time."

Passenger: "There are always a few clouds over everybody."

Cabbie: "Not Frank Feldman. He was a terrific athlete. He could have won the Grand-Slam at tennis. He could golf with the pros. He sang like an opera baritone, and danced like a Broadway star. And you should have heard him play the piano! He was an amazing guy."

Passenger: "Sounds like he was somebody really special."

Cabbie: "Oh hell, there's more! He had a memory like a computer. He remembered everybody's birthday. He knew all about wine, which foods to order, and which fork to eat it with. And he could fix anything---. Not like me - I change a fuse, and the whole street blacks out. But Frank Feldman, he could do everything right."

Passenger: "Wow, some guy then."

Cabbie: "He always knew the quickest way to go in traffic and avoid traffic jams. Not like me, I always seem to get stuck in them. But Frank, he never made mistakes, and he really knew how to treat a woman and make her feel good. He would never argue back, even if she was in the wrong; and his clothing was always immaculate, shoes highly polished, too. He was the perfect man! I never knew him to make a mistake! No one could ever measure up to Frank Feldman."

Passenger: "An amazing fellow. How did you meet him?"

Cabbie: "Well... I never actually met Frank. He died ... and I married his wife."

T O U R S

General Information

WHAT'S INCLUDED

- All tours are operated by Good Times Travel (California Seller of Travel #2018390-40), a local licensed tour operator that has been in business for 20 years.
- The luxury motor coach will include a certified tour director, professional driver and water.
- **Prices include transportation, admission, driver and director gratuities (day trips only), and indicated meals.**

RESERVING SPACE

- The easiest way to sign up for and pay for tours is to visit the Laguna Niguel Senior Citizens Club Office, located in the Sea Country Center (Monday-Friday, 10:00 a.m. to 2:00 p.m.)
- Complete and sign the Tour Trip Registration Form/ Liability Release. Please assure the Trip Registration Form includes your membership number if you are using the "member" pricing. Otherwise, "non-member" pricing will prevail.
- Full payment is required for all Day Tours; deposits are required for Multi-day (extended) Trips. Deposit amounts for Multi-day trips are detailed in this newsletter or you may call the Club Office: 949-362-2937.
- If you are mailing in your reservation request, please assure all items are included. **Please also include a self-addressed stamped envelope.** Within a week of receipt, your reservation request will be processed, and you will receive a call or be mailed a confirmation (using your completed Trip

Registration Form and "self-addressed stamped envelope). If you are making reservations at the Club Office, a copy of your Registration Form will be given to you at that time.

CUT OFF DATES

- Spaces cannot be guaranteed after the cutoff date. Your name can be listed as a "stand by", and space would be based on availability.

REFUNDS/CREDITS

- **THERE ARE NO REFUNDS OR CREDITS.**

IDENTIFICATION

- Government-issued photo ID may be required for some tours. Please assure you have ID present on trip day.

CHILDREN

- Children age 8+ are welcome on the tours with a supervising adult. A child's trip price will be the "non-member" rate.

DEPARTURE POINT

- Day tours depart from the **Laguna Hills Mall** lot (see detailed map below). Please plan to arrive 15 minutes prior to the departure time schedule.
- Parking at the Laguna Hills Mall lot is at your own risk.

PLEASE REVIEW AND/OR CONFIRM TRIP INFORMATION TO ASSURE DEPARTURE LOCATION.

Day Trip Pickup Point is: Laguna Hills Mall Parking Lot
Next to the Tall Movie Marquee Sign--Out by Ave. De La Carlota Street

Driving Directions to Laguna Hills Shopping Center Parking Lot - For All Tours

From Sea Country Center

- Go right out of the back parking lot entrance on to Yosemite St.
- Turn right on Aliso Creek Road.
- Turn left on Moulton Parkway.
- Turn right at El Toro Road.
- Turn right at Ave. de la Carlota.
- Enter the Sears lot at the Laguna Hills Mall near the end of Sears Store. Park in the spaces next to the movie marquee. A Good Times Travel-provided permit (provided by your tour director on the day of the tour) is required to park here. This lot is an un-gated, un-monitored parking lot and parking is at your own risk. Parking is permitted here for the single-day trips that depart from here.



LHS / Laguna Hills Mall, Near Sears Laguna Hills

**ALL
CLUB TRIPS
LEAVE
FROM
LAGUNA
HILLS MALL
PARKING
LOT!**



Laguna Niguel Chamber Offers
Two Fabulous Trips to Cruise & Travel China

14-Day All Inclusive China Land & River Trip for just \$3,199
(\$680 for single supplement)

April 5 – 18, 2015

CITIES: Beijing * Yangtze River Cruise * Shanghai * Wuxi * Suzhou * Tongli * Shanghai-Xian
 SITES: Great Wall - Terra-Cotta Warriors - Forbidden City - 5-day Yangtze River cruise

12-Day All Inclusive South China Scenic Tour for just \$2859
(\$450 extra for single supplement)

March 26 – April 6, 2015

HISTORIC & REMOTE CITIES: Lijiang * Shangri-La * Kunming * Guilin
 SITES: Impression Lijiang Show - Stone Forrest - Li River - Stalagmites of Reed Flute Cave

CHINA INFORMATION MEETINGS

Held at noon in the Chamber's Conference Room

Friday, February 6th

Interested? Contact the Laguna Niguel Chamber China Trip Co-Chairs:

Wendy Harder wwharder@soka.edu; 949.480.4081 OR Lisa Lu lu@soka.edu; 949.480.4083
 For the full itineraries visit, www.LNChamber.com

If you don't like something change it. If you can't change it, change the way you think about it!
 Mary Engelbreit

*** 5 ***

Cardinal Rules for Life

1. Make peace with your past so it won't disturb your present.
2. What other people think of you is none of your business.
3. Time heals almost everything. Give it time.
4. No one is in charge of your happiness, except you.
5. Don't compare your life to others, and don't judge them... You have no idea what their journey is all about.

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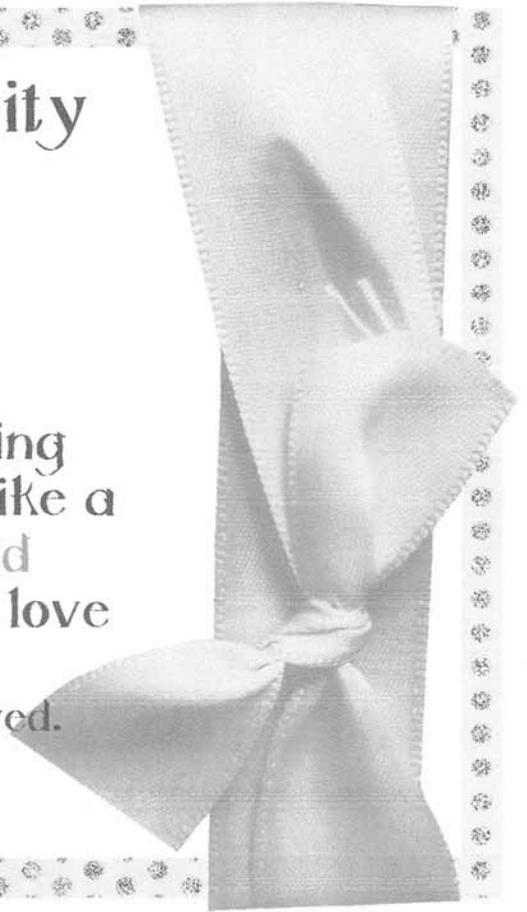
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Meet and Greet Activity Planning!

Friday, February 13th at 1:00

Come learn about some upcoming musical and theatrical events like a "Decades Day" and a "Then and Now Fashion Show." We would love your ideas!

There will be light refreshments served.
See you there!



Answers from page 8.

SONG RIDDLE answer:

Happy Birthday,

NUMBERS RIDDLE answer:

The answer is 2. For each number count the number of circles present in the letters. Adult brains tend to see what the numbers represent, an equation, and so we look for a mathematical solution. Those not yet trained to recognize the sequence as an equation do not limit their search for a solution and begin to evaluate the pattern visually. Interestingly in brain teasers like this people with ADHD and other neurological impairments tend to perform better.

LILY PATCH answer:

The patch doubles in size every day and so on the 47th day the patch will be half the size it is on the 48th day

COTTAGE SWISS CAKE

answer: Cheese

WIDGETS PUZZLE answer:

Each machine takes 5 minutes to make its widget. Each of the 100 machines will have finished making its widget in 5 minutes

ROSES TEASER answer:

This is not a valid statement. Some flowers do fade quickly but roses are not the only type of flowers and so it is not necessarily true that roses fade quickly. In other words some flowers does not mean all roses.

BAT & BALL answer:

The ball costs 5¢. Not 10¢. One dollar more than 10¢ is \$1.10, \$1.10 + 10¢ is \$1.20 One dollar more than 5¢ is \$1.05. The sum of which is \$1.10

MAPLE SYRUP answer:

An "o" of course. (as in toronto).

FRUITY answer:

None! He doesn't own a PLUM tree... he owns a PEAR tree! (I know, right... that's just mean)

CRAZY answer:

"No," answered the Director. "A normal person would pull the plug." (any answer with the word plug would be accepted)

OUR MENUS, PER MEAL,
AVERAGE 500-700
CALORIES, 30% FAT,
AND LESS THAN 1000 MG OF
SODIUM, EXCLUDING SPECIAL
EVENT MEALS

Age Well Senior Services

Lunch Menu

LISA GIBSON, M.S., R.D.
SUGGESTED DONATION- 60 YRS OR OLDER: \$4.50
COST - 60 YEARS OR YOUNGER: \$6.00

AWSS RESERVES THE RIGHT TO MAKE
SUBSTITUTES WITHOUT NOTICE

 MEALS WITH MORE THAN
1000 MG OF SODIUM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUTHWESTERN CHICKEN CHILI W/ TOPPINGS TOSSED SALAD DRESSING CORN MUFFIN NUTMEG CUSTARD  2	NO MEALS SERVED 3	BUTTERNUT SQUASH SOUP ROAST BEEF SANDWICH ON 100% WHOLE WHEAT BROCCOLI CAULIFLOWER SALAD  MAYO/MUSTARD CHOCOLATE CHIP COOKIE 4	NO MEALS SERVED 5	SWEDISH MEATBALLS EGG NOODLES ROASTED TOMATO HALF WHOLE WHEAT BREAD ORANGE JUICE SHERBET 6
CHEESY TUNA CASSEROLE CAESAR SALAD GREEN PEAS CLEMENTINE VANILLA WAFERS 9	NO MEALS SERVED 10	BAKED ZITI WITH MEAT SAUCE SPINACH SALAD WITH ITALIAN DRESSING ITALIAN BLEND VEGETABLE SLICED APPLE 11	NO MEALS SERVED 12	Valentine's Day CHICKEN CORDON BLUE RICE PILAF CREAMED SPINACH CAESAR SALAD CHERRY PIE  13
President's Day  16	NO MEALS SERVED 17	Ash Wednesday CREAMY MAC & CHEESE ROASTED TOMATO HALF GREEN PEAS FRESH ORANGE SECTIONS 18	NO MEALS SERVED 19	CHICKEN CURRY BROWN RICE CAESAR SALAD/CROUTONS BROCCOLI BANANA 20
BEEF STEW POTATOES, CARROTS, ONION AND CELERY GARDEN SALAD WITH TOMATOES 1/2 SLICE WHEAT BREAD MARGARINE SLICED APPLE 23	NO MEALS SERVED 24	STUFFED GREEN PEPPERS SPINACH SALAD WITH DRESSING BABY CARROTS 1/2 SLICE WHEAT BREAD BANANA CAKE 25	NO MEALS SERVED 26	OVEN ROASTED CHICKEN THIGHS ROSEMARY RED POTATOES SWEET & SOUR CABBAGE 1/2 SLICE CRACKED WHEAT BREAD ÉCLAIR* 27

February 2015

*FRUIT IS AVAILABLE FOR DIABETICS

ALL HAM PRODUCTS ARE PROCESSED FROM TURKEY

1% MILK OFFERED AT EACH MEAL

South County Adult Day Services

Operated by Age Well Senior Services

South County Adult Day Services is a community based program that provides health, social, and recreational services to help older adults and persons with disabilities remain active, independent, and out of costly institutional care. Our day program allows families and caregivers the opportunity to receive respite or maintain a job while their loved one receives quality care in a supervised setting.

Our program includes:

- Nursing services
- Physical, Occupational, and Speech therapies designed to maintain function
- Stimulating recreational games, groups and outings
- Cognitive and memory-based exercises
- Assistance in self-care activities
- Daily breakfast, hot lunch and afternoon snack
- Door to door transportation

Best of all, the entire program costs less than what you would pay on average for in-home care!

Call us today to learn more.

(949) 855-9444

Roya Hakimi, M.S.W., Program Director
RHakimi@MyAgeWell.org

To learn more about South County Adult Day Services and our parent organization, Age Well Senior Services, please visit our website www.myagewell.org



MEALS ON WHEELS...

...can't drive themselves!

Age Well Senior Services needs volunteers to drive Meals to homebound seniors living in and around Laguna Niguel. The commitment is 1½ hours, one morning a week. If interested please call Robin at

362-2807 Thank you!



**LAGUNA NIGUEL
SENIOR CITIZENS CLUB, INC.**

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Club Office: 949-362-2937

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persistent and
urgent question is:
What are you doing
for others?”*

Martin Luther King, Jr.

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