



Laguna Niguel Senior Citizens Club

Helping people feels good.

MARCH 2025

Vol 43, No. 3





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MARCH 2025

President's Corner

March already?!

February is over, first Saturday Bingo was a great success; see the photos in this issue. Our speaker Pam was excellent, especially the question and answers. She had many valuable handouts.

Wednesday Bingo is continuing to welcome new players each week. Erica (bingo caller & player) has returned; all were happy to see her.

The Book Group is getting new participants also and all are welcome.

March brings Daylight Savings Time: March 9, mark on your calendar!!!

Please notice the City upcoming events - the concert and the Senior Games.



The Senior Club Board is working on events to Celebrate the Club's 40th anniversary this year.

We still collect eye glasses for the Lions Club and have a box in the Sr. Office. Bring your old glasses for others in need.

I look forward to seeing you, talking with you soon.

-Yvonne



 CITY OF LAGUNA NIGUEL

LAGUNA NIGUEL
SENIOR GAMES

OPENING CEREMONY
FRIDAY, MAY 2 | 5PM-7PM | SEA COUNTRY

Join us for packet pick-up & opening ceremony! Pick up your registration materials while enjoying live music, delicious refreshments, & browsing local vendors. It's a great opportunity to prepare for the upcoming games & connect with fellow participants.

Senior Game's participants enjoy free entry into our Courtyard Concert!

MAY 3TH

BOCCE BALL PICKLEBALL

MAY 4TH

SWIMMING TABLE TENNIS

REGISTRATION
March 3rd - April 25th
LN Residents: \$10 per event
Non-LN Residents: \$15 per event
Ages 50+



BILLIARDS

 CITY OF LAGUNA NIGUEL

GOING for GOLD
COURTYARD CONCERT

IN CELEBRATION OF **SENIOR GAMES**



TICKET \$5

FEATURING: **JAMES KELLY BAND**

MAY 2 **FRIDAY**
5:00 pm - 7:00 pm

SEA COUNTRY SENIOR & COMMUNITY CENTER
24602 ALISO CREEK RD., LAGUNA NIGUEL, CA 92677

 (949) 425-5151  CityOfLagunaNiguel.org   @CityofLagunaNiguel

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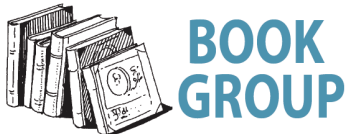
Every Wed. Bingo12:30-3:00
 Every Thurs. Scrabble.....1:00-3:00
 1st Fri. Book Club Group.....1:00-2:30



Thursdays
 1:00 - 3:00
 Sun Room



Wednesdays
 11:30 to 3:00
 Buy-ins end 12:20!



1st Fridays 1:00-2:30



2025 SR. CLUB DATES TO REMEMBER:

MARCH

Mar. 11, Tues Sr Club Board, 1:00
Mar. 17, Mon St. Patrick's Day
Mar. 21, Fri Speaker, 3rd Friday



REMINDER
 Renew
 your Club
 Membership
 for 2025.
\$25/single
\$45/couple



MARCH

NEW & RETURNING MEMBERS

Geri Campbell, Betsy & Robert Sater,
 Helene Adams, Micki Monaco, Carol Williams,
 Yvonne Davis, Yvette & Mike Steele, Peg Davis,
 Bonnie Schulkin, Pam Leszczynski,
 Patricia Eccles, Aaron Goldstein, Sheila Roell,
 Jan King, Lida Ghozati, Bob May, Anna Evans,
 Judi McGill, Erica Bainhardt

OFFICERS

President	Yvonne Davis
Vice-President	Marc Winer
Secretary	Willie Goodman
Treasurer	Victor Cesario

BOARD MEMBERS

	Victor Ettinger
Care & Concern	Willie Goodman
Historian	
Public Relations	
Members at Large	Ilona Thompson
Membership	Carol Williams
	Vicki Derengowski

COMMITTEE CHAIRS

Finance Coordinator	TBD
Event Coordinator	Victor Ettinger
Party Bridge	Marina Lopez
	Tom Chalfa
Bingo Coordinator	Vicki Derengowski
Bingo	Sr. Board
Assistants to Board	Vicki Derengowski
Newletter layout	Anna Shambaugh

DISCLAIMER

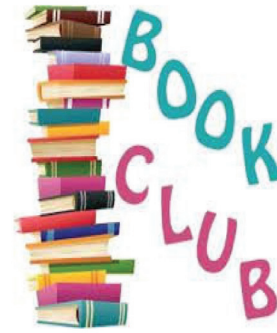
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THEY SUPPORT US!

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VISIT OUR WEBSITE

<http://lagunaniguelseniorcitizensclub.com>



SENIOR CENTER BOOK CLUB

Hello Fellow Readers,

We had a great meeting and discussion led by Pam Hilton on Friday, the 7th of February. The book that we read was *THE READING LIST* by Sarah Nisha Adams, and it was given an 8.2/10 rating. Most of the members really enjoyed it. Only two did not like this selection at all. Despite its dissenters, the book's rating remained high.

The members all agreed that the author did a good job of portraying how reading brings people together and helps them to bond. In one online review, a reader referred to the book under discussion as a "love song to libraries, books, the act of reading, and to readers". *THE READING LIST* also reminded us of the many reasons why we read.....to learn, to escape, to better ourselves, to become enlightened, and to heal, etc.

THE LIBRARY BOOK, by Susan Orlean will be our focus for March and *HORSE* by Geraldine Brooks is the book that is scheduled for April. If you care to join us, you are always welcome. Looking forward to seeing you at our next meeting.

Maureen Anapoell and Linda Danto
Book Club co chairs

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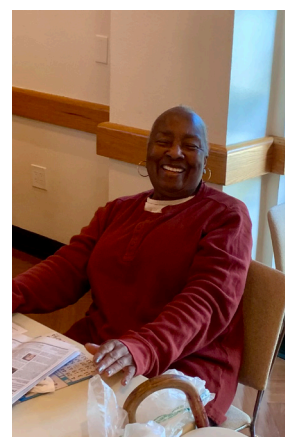
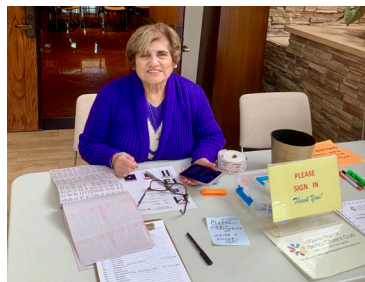


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Lake Forest, CA 92630 | FD 2241
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PacificCremationServices.com



MARCH 2025

Valentine's Bingo



MARCH 2025

Did You Know?

by Maureen Anapoell



Snakes smell with their tongues?

A giraff's tongue can be as long as 20 inches!!!

Cackle, a clan, or a laugh is what a group of hyenas is called?

Theodore Roosevelt had a hyena as a pet?

A shrimp's heart is in its head?

Octopuses have 3 hearts?

A group of owls is a parliament?

A single ant can carry 20 times its body weight?

Lemons float and limes sink?

Honey never spoils. It has been found in ancient Egyptian tombs, and it was, and is still edible?

The brand name SPAM is a combination of both Spice and Ham?

Ketchup was once sold as a medicine?

Peanuts are not nuts. They are legumes?

A watermelon is 92% water?

M and M's was the first candy to be eaten in space?

Competitive art used to be an Olympic sport, and from 1900 to 1920, so was the Tug of War!!!

Japan, as I mentioned in other articles, has the highest amount of vending machines in the world?

A person can buy beverages, ice cream, noodles, disposable cameras, jackets, sweatshirts, and many other items while away from a store's proximity?

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The NWD System vision is developed and supported through a partnership between the Administration for Community Living, the Centers for Medicare and Medicaid Services and the Veterans Health Administration.

One-Stop Coordinated System

Single Standard Process

Objective and Neutral

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Use of Private And Public Programs

What is No Wrong Door (NWD)?

A NWD System provides a coordinated way for people to access services in the community so that you only have to tell your story once.

Who uses the NWD System?

Older adult who needs meals delivered or help around the home

Person with a disability who needs transportation services

Veteran in need of support to complete daily tasks

Caregiver looking for support for their loved one

Anyone seeking long-term services and supports regardless of age, income, or disability

For more information go to **nwd.acl.gov**

or call the

California Aging & Disability Resource Connection
800-510-2020

Marco Rodriguez Office of Aging

714-480-6482 Office 714-604-8734 Mobile



Our specialists can provide information and connect you to the services listed below:

- Adult Day Services
- Assisted Living, Nursing Care, & In-Home Care
- Assistive Technology
- Alzheimer's/Dementia Support
- Caregiver Resources
- Crisis Intervention
- Elder Abuse Prevention
- Government Benefits
- Nutrition/Home-Delivered Meals
- Health Education Programs
- Health Insurance Counseling
- Housing Information
- Legal Assistance
- Ombudsman Advocacy Services
- Physical & Social Activities
- Transportation
- Volunteer Opportunities
- ...and much more!

officeonaging.ocgov.com • (714) 480-6450

Why might you want to play *Party Bridge?*



It strengthens your memory



It improves your social life



It gets you out of the house

and it's **FREE!**

What are the requirements?



Open mind



Patience



Read a book



Practice



**GOOD
LUCK!**

Enjoy the game!

Sr. Club: 949.362.2937

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If interested please call

949.600.5496 Thank you!

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LUNCH IS SERVED AT 11:30



March 2025 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
GROUND BEEF PITA SANDWICH Steamed Green Beans Macaroni Salad & Pita Bread Pineapple Cup Milk 3	MANGO CHUTNEY CHICKEN SANDWICH Zucchini Apple Soup Orange Juice Cinnamon Baked Apple Milk 4	BEEF MEATLOAF Mashed Potatoes Sauté Peas & Carrots Wheat Roll: Orange Apple Sauce Milk 5	CILANTRO LIME CHICKEN Mediterranean Salad Lemon Thyme Brown Rice Orange Oatmeal Cookie Milk 6	CHICKEN MARSALA Rainbow Salad Tomato Rice & Bell Pepper Mandarin Cup Milk 7
MEXICAN BEEF LASAGNA Mexican Coleslaw Apple Sauce Orange Juice Milk 10	GREEK TURKEY BURGER w/TZATZIKI SAUCE Greek Tomato Salad Cantaloupe Milk 11	CHIPOTLE CHICKEN SANDWICH Split Pea Soup Tropical Fruit Milk 12	COCONUT SHRIMP w/ Mango Sauce Zucchini Apple Soup Cilantro Lime Rice; Orange Chocolate Chip Cookie Milk 13	SALISBURY BEEF STEAK Mashed Potatoes Carrot Raisin Slaw Wheat Roll Orange Milk 14
BEEF CHILI Roasted Potatoes Rainbow Salad Wheat Roll Cantaloupe Milk 17	CHICKEN WALDORF CROISSANT Cream of Broccoli Soup Cinnamon Baked Apple Milk 18	ITALIAN BEEF MEATBALL SUB SANDWICH Tuscan Bean Soup Orange Apple Sauce Milk 19	CHICKEN PRIMAVERA PASTA Garden Salad Pineapple Cup Milk 20	LEMON CAPER CHICKEN Zucchini Squash Medley Macaroni Dill Salad Mandarin Cup Pound Cake Milk 21
CHICKEN FAJITAS w/LIME SALSA Garden Salad; Corn Salsa Spanish Rice Pineapple Cup Milk 24	BEEF BOURGUIGNON Green Bean & Radish Medley Wheat Roll Orange Chocolate Chip Cookie Milk 25	CHICKEN CACCIATORE Zucchini, Blk Bean & Corn Spinach Lemon Orzo Orange Juice Cinnamon Baked Apple Milk 26	CHICKEN POT PIE Ranch Salad Tropical Fruit Milk 27	ROAST SALMON TACOS w/ CHIMICHURRI SLAW Tex Mex Vegetable Soup Lemon Thyme Brown Rice Cantaloupe Milk 28
BEEF w/BEAN TACOS w/ TOMATILLO SLAW Corn Salad Spanish Rice Tropical Fruit 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 in prior to reservation date. You can RSVP in person at [redacted] or by calling 949-362-2807 . No special requests or menu substitutions. Menu 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. Department 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.

March Wind

March wind is a jolly fellow;
He likes to joke and play.
He turns umbrellas inside out
And blows men's hats away.

He calls the pussy willows
And whispers in each ear,
"Wake up you lazy little seeds,
Don't you know that Spring is here?"



“My wife suffers from Alzheimer’s disease and after many months of being her caretaker my health was beginning to decline. I investigated several memory care facilities and finally found the perfect place for her – Serra Sol in San Juan Capistrano. The staff is very well trained both for compassionate care as well as the proper psychology needed to care for those with dementia. My wife found it difficult to adjust leaving home, but the experienced staff worked with her and now she is very happy living there. Great food, great staff, and a very pleasant community!”

– Larry, husband of a resident



Considering memory care?

Take this free assessment from Serra Sol.

Memory care is a big decision and it's tough to know when the timing is right. Scan the QR code to gain insights and get a personalized recommendation for your loved one in minutes.



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Serra Sol

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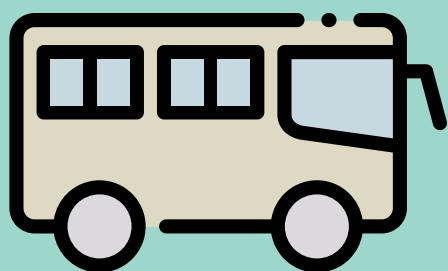
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Fill out an application at Sea Country Senior Center.

THESE INCLUDE:

John Wayne Airport
Spectrum Shopping and Dining Area
Aliso Viejo Shopping Area
Mission Viejo Mall
Town Center Aliso Viejo
Mission Viejo Medical Center
Saddleback Health Center Laguna Hills

Hoag Hospital & Health Center Irvine
Irvine Spectrum
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Anywhere in Laguna Niguel
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Mission Hospital Laguna Beach
Mission Viejo Hospital