



Laguna Niguel  
Senior Citizens Club  
Helping people feels good.

NOVEMBER 2025

Vol 43, No. 10





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# President's Corner

Now we are in the Holiday Season!

Our October was certainly busy; the 3rd Friday Speaker, Theo Dy, presented the extremely educational Information on senior safety plus the correct way to evaluate a fall and the correct way to get up (if possible).

The Saturday Bingo was successful. Everyone had a good time: excellent lunch, fun games, door prizes, etc. Chris and Cindy Morgan did an amazing decorating and food selection/presentation. New Newsletter Advertiser, Loved One Comfort Care provided our snacks at Break time. Thank you Loved One! Thanks to all of the Volunteers who helped make this successful and fun too.

Sunday, Nov. 2 be sure to change all clocks! Please also be sure to Vote, your voice is important. Our Annual Board Election is Friday, Nov. 21 and the ballot is included in this issue—please let us hear your voice. Bring it to the Sr. Office or mail it in before Nov. 21. The Locked Blue Ballot Box is in the Sr. Office.

The Club Christmas Lunch, Thurs. Dec. 11 is being planned now. Mucho Mucho will be catering again and the guest prices will remain the same as previously.

Santa will be there with gifts for all. Tickets will be available Nov. 10 in the Sr. Office.

HAPPY THANKSGIVING!

I look forward to seeing you,

*-Yvonne*



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BONDED & INSURED



Every Wed. Bingo .....12:30-3:00

Every Wed. & Fri Party Bridge.....12:15

Every Thurs. Scrabble.....1:00-3:00



## 2025 SR. CLUB DATES TO REMEMBER:

Nov. 2, Sun. Time Change  
Nov. 10, Mon. Board Meeting 1:00pm  
Nov. 11, Tues. Sea Country Center Closed  
Veterans Day Event  
Nov. 21, Fri. Sr. Club Board Election  
3rd Friday Lunch 11:30  
Nov. 27 & 28 Thanksgiving  
Sea Country Center Closed

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## NOVEMBER NEW & RETURNING MEMBERS

Kimberly Kranz, Ann Phan,  
Marina Lopez, Brian & Pamela Roberts,  
Barbara Harmon, Valerie Hampton.  
Martha & Craig Millet, Anne Boutelle,  
Ilona Thompson, Mina Cardone, Bob  
Ignoksi, Kimberly Kranz, Sheila Roell,  
Nancy Wisniewski, Ann Phan

### OFFICERS

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

### BOARD MEMBERS

	David Ferandez
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



**JUST WAITING FOR  
FOOTBALL SEASON TO START**



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## THEY SUPPORT US!

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Watermark Laguna Niguel	Back Cover

## VISIT OUR WEBSITE

<http://lagunaniguelseniorcitizensclub.com>



## SENIOR CENTER BOOK CLUB

What a beautiful early fall we have had! A number of us from the book club had lunch outside at California Pizza Kitchen before our October meeting and the weather was perfect..

At the meeting we had such an interesting discussion of *The Nature of Fragile Things* by Susan Meissner. It is one of those books that draws you in immediately and that you don't want to put down. We discussed possible reasons why a person might answer a mail order bride ad in the newspaper, to the question "Is there a difference between doing nothing to try save someone, and outright murdering a person?". We learned details about the 1906 San Francisco earthquake and how the displaced were protected and provided for, as well as the hardships everyone endured.

On Friday, November 7th we will be discussing *Speak To Me Of Home* by Jeannine Cummins.

On Friday, December 5th we will discuss *The House of Eve* by Sadeqa Johnson.

We welcome newcomers to stop by on the first Friday of the month for our discussion from 1:00 to 3:00. Our meeting is in the Main Ballroom directly across from the Senior Center entrance.

Happy reading,  
Linda Danto and Maureen Anapoell, Co chairs



NOVEMBER 2025

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# Saturday BINGO

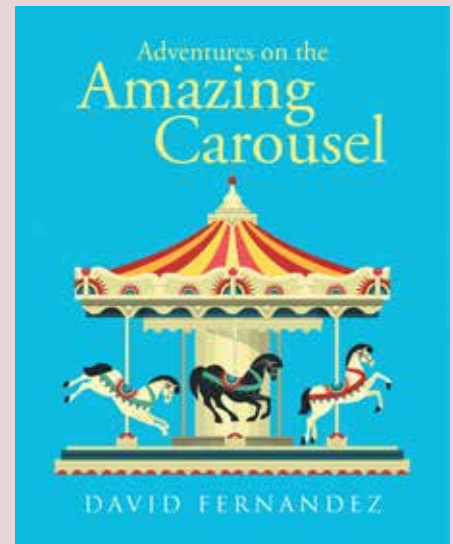


**Club Member Spotlight**  
**David Fernandez**  
Laguna Niguel Sr. Citizens Club  
Board Member,  
Bingo Volunteer, and author of

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★ **Laguna Niguel Senior Citizens Club** ★

★ **ANNUAL** ★

★ **Christmas** ★

★ **PARTY & LUNCHEON** ★

**Thursday,**  
**December 11<sup>th</sup>, 2025**  
**11:30 am - 2:30 pm**

**Mucho Mucho Market Buffet**  
**Raffle Surprises** **Live Music**

**Santa will bring Gifts for all**

**Sea Country Senior & Community Center**

 **Laguna Niguel Senior Citizens Club**  
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Tickets are only available at the Sr. Club Office  
Tickets only \$25 for members and \$30 for non-members

## Senior Care Word Search



### Hidden Words

ELDERLY	PATIENT	DIGNITY	COMFORT
SUPPORT	WELLNESS	LONGTERM CARE	SENIOR
RESIDENT	ASSISTED LIVING	COMMUNITY	
GOLDEN YEARS	PURPOSE	TRUST	
COMPASSION	RESPECT	ACTIVITIES	



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## ELECTION OF THE BOARD OF DIRECTORS

Friday, Nov 21, 2025

Under the provisions of the Bylaws of the Laguna Niguel Senior Citizens Club (LNSCC), notice is hereby given that the Annual General Meeting of the LNSCC will convene at **11:30 a.m. on November 21, 2025** at the Sea Country Center in the city of Laguna Niguel, California.

The annual meeting will be held for the purpose of electing **five (5)** members to the Board of Directors. The Board includes eleven (11) directors each serving a term of two years. **Five (5)** positions are open for the 2026-2027 term.

In accordance with the Bylaws of the Association, you will vote by a written ballot. A ballot for your use is printed below. The completed ballot must be received **NO LATER THAN NOVEMBER 21, 2025**. In-person Ballots

can be cast at the luncheon General Assembly meeting on November 21, 2025.

### Hand Delivered:

Deposit in the "Ballot Box" which is located at the LNSCC office in the Sea Country center

### Mail in Ballot using U.S. Mail to:

Laguna Niguel Senior Citizens Club  
24602 Aliso Creek Rd, Laguna Niguel CA 92677  
Please include the word "Ballot" on the lower left corner of the envelope.

## BALLOT

Each club member has a total of five (5) votes, which must be cast for only a single candidate or distributed amongst two or more candidates. You may nominate additional person(s) by writing their names on the additional blank space and casting your vote.

**DO NOT EXCEED A CUMULATIVE TOTAL OF five (5) VOTES, OTHERWISE YOUR BALLOT WILL BECOME VOID**

Please use only numbers when casting votes. Do not use X's, check marks or non-numbers, as these will not be counted.

\_\_\_\_\_ Yvonne Davis, Current Director

\_\_\_\_\_ Carol Williams

\_\_\_\_\_ David Fernandez, Current Director

\_\_\_\_\_ Chris Morgan

\_\_\_\_\_ Vicki Derengowski, Current Director

\_\_\_\_\_ Write-in: \_\_\_\_\_

\_\_\_\_\_ \_\_\_\_\_

\_\_\_\_\_ Write-in: \_\_\_\_\_

In Lieu of the above, I designate the Vice President of The Board to be my proxy by my signature below

## BALLOT / PROXY

\_\_\_\_\_ Yvonne Davis, Current Director

\_\_\_\_\_ Carol Williams

\_\_\_\_\_ David Fernandez, Current Director

\_\_\_\_\_ \_\_\_\_\_

\_\_\_\_\_ Vicki Derengowski, Current Director

\_\_\_\_\_ Write-in: \_\_\_\_\_

\_\_\_\_\_ \_\_\_\_\_

\_\_\_\_\_ Write-in: \_\_\_\_\_

(Please print)

Last Name: \_\_\_\_\_

First Name: \_\_\_\_\_ Card #: \_\_\_\_\_

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## MEALS ON WHEELS.. ...can't drive themselves!

Age Well Senior Services needs volunteers to drive Meals to home-bound seniors living in and around Laguna Niguel. The commitment is 1½ hours, one morning a week.

If interested please call  
**949.600.5496** Thank you!

## Laguna Niguel Sr. Citizens Club needs YOUR HELP!

Dear fellow-club members,

As you know, our senior club is a small, but growing and increasingly active organization. We are an all-volunteer club, staffed by dedicated, caring seniors. At this time, we are in need of funds to help us improve our offerings and our outreach.

Our computer system and hardware are dated and no longer as efficient as we need them to be. We have no financial support from any entity. Please help us improve our service to you by making a donation, however large or small, to our Laguna Niguel Senior Citizens Club.

Because we are a registered non-profit organization, all donations (and your membership dues) are 100% tax deductible. As the holiday season approaches, please find a way to give a gift to the club that has you at the center and focus.

Also, if you can spare two hours per week or more, please become a volunteer in our office or at our weekly bingo. We have need for your talent and help and ideas, as we strive to expand our reach and our offerings.

Thank you,



# LUNCH IS SERVED AT 11:30




## November 2025 Menu


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



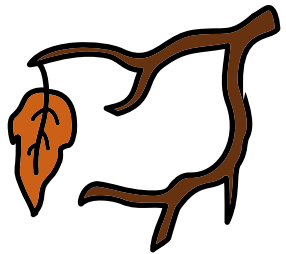
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>CHICKEN KEBAB</b> Moroccan Carrots Mediterranean Pasta Salad Orange Juice Pound Cake Milk <b>3</b>	<b>TUSCAN SALMON</b> Butter Green Beans Whole Wheat Pasta Orange Juice Oatmeal Raisin Cookie Milk <b>4</b>	<b>SESAME CHICKEN</b> Cauliflower Broccoli Soup Ginger Brown Rice Cinnamon Baked Apple Milk <b>5</b>	<b>CHICKEN BANH MI SANDWICH</b> Carrot Soup Tropical Fruit Cup Milk <b>6</b>	<b>CHEESEBURGER</b> Rosemary Roasted Potatoes Cantaloupe Milk  <b>7</b>
<b>BEEF STROGANOFF</b> Buttered Green Beans Whole Wheat Penne Pasta Mandarin Cup Milk <b>10</b>	<b>CLOSED</b>  <b>11</b>	<b>CHICKEN MARSALA</b> Rainbow Salad Linguine Tropical Fruit Cup Milk <b>12</b>	<b>BEEF MEATLOAF</b> Garlic Mashed Potatoes Sauté Peas & Carrots Wheat Roll: Orange Apple Sauce & Milk <b>13</b>	<b>BBQ CHICKEN SLIDER</b> Zucchini Apple Soup Orange Juice Chocolate Chip Cookie Milk <b>14</b>
<b>BEEF SLOPPY JOE</b> Creamy Coleslaw Apple Sauce Orange Juice Milk <b>17</b>	<b>CHIPOTLE CHICKEN SANDWICH</b> Tomato Basil Soup Tropical Fruit Milk <b>18</b>	<b>CREAMY LEMON CHICKEN</b> Ranch Salad Penne Pasta Orange Oatmeal Raisin Cookie Milk <b>19</b>	<b>BUFFALO CHICKEN</b> Honey Glazed Carrots Cilantro Lime Brown Rice Orange Chocolate Chip Cookie Milk <b>20</b>	<b>SALISBURY BEEF STEAK</b> Garlic Mashed Potatoes Carrot Raisin Slaw Wheat Roll Orange Milk <b>21</b>
<b>MONGOLIAN CHICKEN</b> Asian Coleslaw Ginger Brown Rice Mandarin Cup Milk <b>24</b>	<b>CHICKEN CACCIATORE</b> Roasted Zucchini & Squash Italian Pasta Salad Orange Juice Pound Cake Milk <b>25</b>	<b>ROASTED TURKEY w/CRANBERRY SAUCE</b> Garlic Mashed Potatoes & Gravy Corn Bread Stuffing Green Beans Pumpkin Pie; Milk <b>26</b>	<b>CLOSED</b>  <b>27</b>	<b>CLOSED</b>  <b>28</b>
				<b>SUGGESTED CONTRIBUTION - 60 YRS OR OLDER: \$5.50</b> <b>COST - 59 YEARS OR YOUNGER: \$7.50</b> Reservations are required & must be made by 12pm 2 business days prior to reservation date. You can RSVP in person at <u>Sea Country</u> or by calling <u>949-362-2807</u> 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



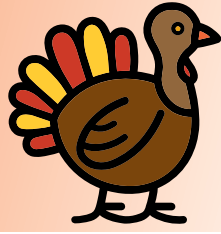
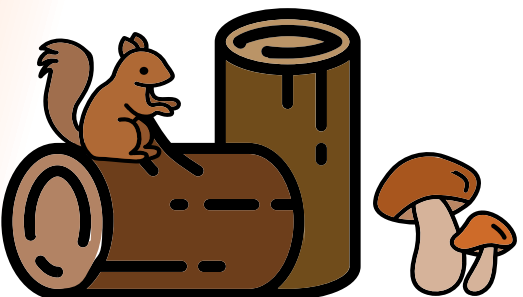
All meals comply with the Dietary Guidelines for Americans (DGA) 2020-2025 & Dietary Reference Intakes (DRI) for older adults as determined by the California Dept. of Human Services Agency & the U.S. Dept. of Agriculture. Age Well may substitute a menu with equal nutritional value due to food price or 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.



## Extra Special Thank You



to everyone who donated their time, money, and resources over this past year to making the Laguna Niguel Senior Citizens Club what it is today. We are so blessed.

NOVEMBER 2025 10



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## Leaves

by Elsie N. Brady

How silently they tumble down  
And come to rest upon the ground  
To lay a carpet, rich and rare,  
Beneath the trees without a care,  
Content to Sleep, their work well done,  
Colors gleaming in the sun.  
At other times, they wildly fly  
Until they nearly reach the sky.  
Twisting, turning through the air  
Till all the trees stand stark and bare.  
Exhausted, drop to earth below  
To wait, like children, for the snow.





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