



Laguna Niguel
Senior Citizens Club
Helping people feels good.

OCTOBER 2025

Vol 43, No. 9





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President's Corner

October already?

It is truly amazing to me—how fast the time goes by. Yes it is fall, however the Sr. Club is beginning membership renewals and encouraging new members by allowing them the remainder of this year (2025) and all of next year (2026)! A great deal for “new” members relative to Bingo and our Christmas, Holiday events (Laguna Niguel Holiday Parade Antique Car participation).

Our Annual Board Members Election is also scheduled for Friday, November 21. We would appreciate any member or suggested people who would be interested in volunteering their time, talents or ideas to increase our services to the senior community.

October is a busy month for us; please read the dates to remember. Our 3rd Friday lunch speaker will be reviewing and reminding us of the necessary attention to safety for seniors. All of us need to pay attention to this subject.

Our last Bingo Saturday for 2025 is scheduled for Sat., October 18, in the main Ballroom of the Sea Country Sr. & Community Center. All are welcome. A flyer is being created, hopefully included in this issue.

The Sr. Club deeply appreciates the donation received from Karen Langer, who is the widow of the past Club President Laguna Niguel Sr. Citizens Club. Thank you Karen!

See you soon,

-Yvonne



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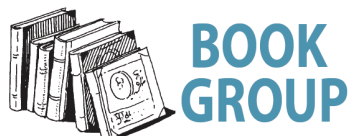
Every Wed. Bingo12:30-3:00
 Every Wed. & Fri Party Bridge.....12:15
 Every Thurs. Scrabble.....1:00-3:00



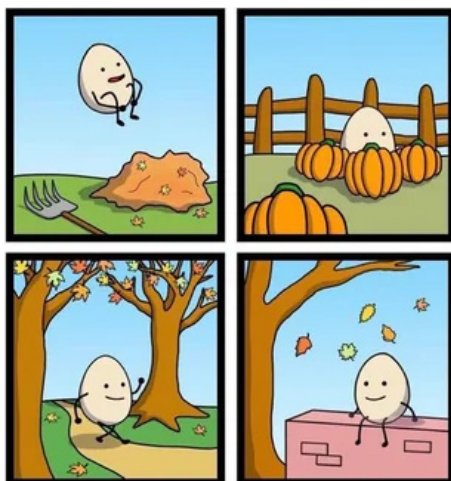
Thursdays
 1:00 - 3:00
 Sun Room



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



1st Fridays 1:00-2:30



Humpty Dumpty had a great fall

WHEN I'M ASKED TO DO A



TRICK FOR NO TREAT
OCTOBER 2025

2025 SR. CLUB DATES TO REMEMBER: OCTOBER

Oct. 9, Thurs. Sr. Resource Day
 Sea Country Center 10am-2pm
 Oct. 14, Tues. Board Meeting 1:00pm
 Oct. 17, Fri. 3rd Friday Speaker
 Oct. 18, Sat. Club Sat. Bingo 11am-4pm

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REMINDER

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 for 2025.**
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OCTOBER

NEW & RETURNING MEMBERS

Mary Lawyer, Jeanette Davis,
 Willie Goodman, Mary Cooper,
 Eve Trower, John Ulrich,
 Josephine Sarno, Tara Thompson,
 Shireen Burgan, Cynthia Ehlers

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

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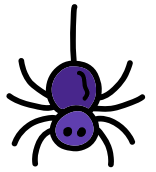
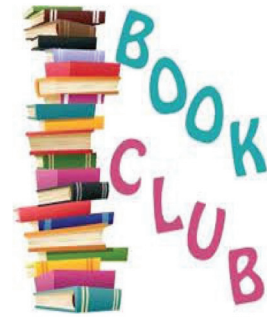


THEY SUPPORT US!

Crestavilla	Page 2
Loved One Comfort Care	Page 3
City of Laguna Niguel	Page 6
Pacific Cremation Services	Page 5
Senior Placement Providers	Page 7
MorningStar	Page 7
O'Connor Mortuary	Page 9
Aliso Creek Printing	Page 9
Wound Hope	Page 11
Watermark Laguna Niguel	Back Cover

VISIT OUR WEBSITE

<http://lagunaniguelseniorcitizensclub.com>



SENIOR CENTER BOOK CLUB

In September our book club discussed **A Table for Two** which is a book of short stories by Amor Towles. He is the author of *A Gentleman in Moscow*, *Rules of Civility*, and *The Lincoln Highway*.

Susan led a most interesting discussion that finished with having each of us tell which story was our favorite, and why we liked it. We each had a favorite and, of course, some overlapped, but sometimes the reason for preferring a particular story was different for one than for another. Most of us liked the book very much, but two of our members did not like at all. Those who liked the book gave some insight into the stories and those who didn't like the book gave the rest of us something to think about. That is what makes our group work so well.

Our book for October 3rd is **The Nature of Fragile Things** by Susan Meissner to be led by Barbara H.

On November 7th, we will be discussing **Speak to Me of Home** by Jeannine Cummins led by Linda.

The book for December 5th is **The House of Eve** by Sadeqa Johnson to be led by Margarita.

Our Book Club is now thinking of books to discuss for 2026. It is amazing how quickly 2025 is moving along.

As always, we welcome newcomers. We meet the first Friday of the month from 1:00 to 3:00. Many of us get together for brunch prior to our meetings.

Happy reading to you all.

Linda Danto and
Maureen Anapoell,
Co Chairs



OCTOBER 2025

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3rd Friday Speaker

October 18, 2025

Theo Dy

Promoting a culture of care:

Theo Dy leads a successful Safety and Wellness Awareness Session, empowering individuals with knowledge and tools for a healthier, safer environment.



Laguna Niguel
Senior Citizens Club
Helping people feels good.

BINGO & LUNCH

Includes lunch and 1st buy-in

Saturday, October 18, 2025

11:00 a.m. to 4:00 p.m.

Pre-paid reservations
\$20/Member \$25/Non (over 18)
cash or check payment please

Tickets at Sr. Club Office
Phone: 949-362-2937 Open M-F 10am-2pm
Sea Country Sr. & Community Center
24602 Aliso Creek Rd, Laguna Niguel

Senior Resource Fair

The Senior Resource Fair is designed to encourage older adults to continue to stay healthy by providing valuable information to seniors and their families. Visit vendor booths that interest today's seniors. Raffles, giveaways, snacks, & more!

Date: Thursday, October 9th

Time: 10:00am - 2:00pm



Free to Attend
Local Organizations
Hourly Raffles

**Registration is not
required to participate.**

Senior Care Word Search



Hidden Words

EMPATHY	PATIENCE	SAFETY	CARE
RESPECT	ASSISTANCE	ROUTINE	INDEPENDENCE
SUPPORT	HEALTH	DIGNITY	
COMFORT	TRUST	COMPASSION	



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24602 Aliso Creek Rd, Laguna Niguel, CA 92677
Club Office: (949) 362-2937
Monday-Friday 10 am - 2 pm

MEMBERSHIP APPLICATION FORM

Hello! The Laguna Niguel Senior Citizens Club, Inc. (a non-profit 501(c)(3)) was chartered in **1985** by Orange County Senior Services. A group of dedicated volunteers organized the senior citizens in our area. They shared hours of fund raising and registered voters to form the City of Laguna Niguel, and also began meals for seniors and dreamed the goal of a senior center. All of this took place prior to the City of Laguna Niguel forming in 1989.

Our Laguna Niguel Senior Citizens Club has an office located in the Sea Country Senior and Community Center, which is owned and operated by the City of Laguna Niguel.

The Laguna Niguel Senior Citizens Club is an independent organization and receives no funding from the City. The Board members and program chair persons are all volunteers.

We are inviting all seniors over 50 residing in "Orange County" to join us and utilize their gifts/talents to serve other seniors in our community and to have fun!

Below is our membership form. Please mail or return to our office. We sincerely look forward to having you join our club. Let's **CELEBRATE 40 YEARS OF SERVICE TO OUR COMMUNITY!**



Return to:
24602 Aliso Creek Rd, Laguna
Niguel, CA 92677
Attn: Membership

Today's Date: _____
From: Sept 01 2025
To: Dec 31 2026

() NEW or () RENEW

Yearly dues: \$45.00 couple, \$25.00 Single

Name (LN FN MI) _____

Mbr # _____

Name (LN FN MI): _____

Mbr # _____

Address: _____

Office Use Only

City: _____ Zip Code: _____

eMail Address: _____ Phone: _____

Signatures: _____ DOB _____

Make checks payable to **Laguna Niguel Senior Citizens Club, Inc.** - **Sorry no credit cards accepted**

Office Use Only

Volunteer Name _____ Cash: _____ Check # _____ Amount _____

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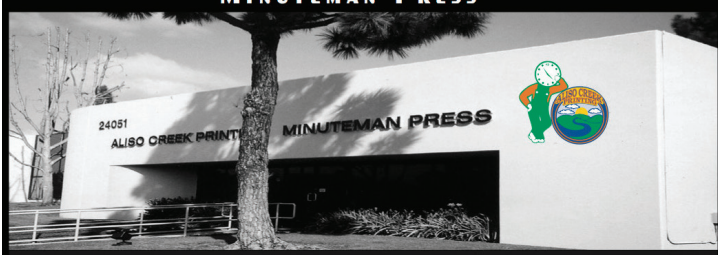


125
YEARS

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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,
Laguna Niguel Sr. Citizens Club Board



LUNCH IS SERVED AT 11:30



October 2025 Menu

SERVING TIMES: 11:30 AM – 12:30 PM



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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 Sea Country 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				
MEXICAN BEEF LASAGNA Mexican Coleslaw Apple Sauce Orange Juice Milk 6	LEMON BUTTER SHRIMP Ranch Salad Linguine Orange Oatmeal Raisin Cookie Milk 7	BBQ CHICKEN SLIDER Butter Green Beans Orange Juice Chocolate Chip Cookie Milk 1	CHICKEN MARSALA Rainbow Salad Tomato Rice & Bell Pepper Mandarin Cup Milk 2	BEEF MEATLOAF Garlic Mashed Potatoes Sauté Peas & Carrots Wheat Roll: Orange Apple Sauce & Milk 3
BEEF CHILI Roasted Potatoes Rainbow Salad Wheat Roll Cantaloupe Milk 13	CHICKEN WALDORF SANDWICH Cream of Broccoli Soup Cinnamon Baked Apple Milk 14	CHIPOTLE CHICKEN SANDWICH Tomato Basil Soup Tropical Fruit Milk 8	BUFFALO CHICKEN Honey Glazed Carrots Cilantro Lime Brown Rice Orange Chocolate Chip Cookie Milk 9	SALISBURY BEEF STEAK Garlic Mashed Potatoes Carrot Raisin Slaw Wheat Roll Orange Milk 10
CHICKEN FAJITAS w/LIME SALSA Mexican Coleslaw Tortillas Spanish Rice Pineapple Cup &; Milk 20	BEEF BOURGUIGNON Green Bean & Radish Medley Wheat Roll Orange Chocolate Chip Cookie Milk 21	ITALIAN BEEF MEATBALL SUB SANDWICH Tuscan Bean Soup Orange Apple Sauce Milk 15	GREEK CHICKEN SLIDER w/TZATSIKI SAUCE Greek Tomato Salad Cantaloupe Milk 16	TERIYAKI CHICKEN Zucchini Squash Medley Macaroni Salad Mandarin Cup Pound Cake Milk 17
CHICKEN FAJITAS w/LIME SALSA Mexican Coleslaw Tortillas Spanish Rice Pineapple Cup &; Milk 20	BEEF BOURGUIGNON Green Bean & Radish Medley Wheat Roll Orange Chocolate Chip Cookie Milk 21	CHICKEN CACCIATORE Roasted Zucchini & Squash Spinach Lemon Orzo Orange Juice Pound Cake Milk 22	CHICKEN PRIMAVERA PASTA Garden Salad Mandarin Cup Milk 23	ROAST SALMON TACOS w/ CHIMICHURRI SLAW Tex Mex Vegetable Soup Lemon Thyme Brown Rice Cantaloupe Milk 24
BEEF w/BEAN TACOS w/ TOMATILLO SLAW Corn Salad Spanish Rice Tropical Fruit Milk 27	CHICKEN SHAWARMA Mediterranean Salad Pita Bread Orange Pound Cake Milk 28	CHICKEN POT PIE Ranch Salad Tropical Fruit Milk 29	CHICKEN TARRAGON SANDWICH Tomato Basil Soup Orange Juice Cantaloupe Milk 30	GHOULY BEEF BALLS w/MARINARA SAUCE Bloody French Salad Spaghetti Pineapple Cup Milk 31



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. Depart. 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.



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OCTOBER STARS

By: O.E. Starace

October stars permeate
So radiant in the sky.
What moment un-noticed
Did they blink goodbye?

It was the night of the Gibbous Moon.

“Gibbous this day our daily bread.
Include the blinking stars
Before they’re dead.”

Appease the Hallowed
Night dancer’s delusion.
Their pillow cases filled
With sweet restitutions.

Their manifestation include
The sun’s reflection
A stars permeation
October stars restoration



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Laguna Niguel, CA 92677

Sr. Office Phone: 949-362-2937

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