



Laguna Niguel  
Senior Citizens Club  
Helping people feels good.

MAY 2026

Vol 44, No. 5





## ELEVATED LIVING AT CRESTAVILLA

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# CRESTAVILLA

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# President's Corner



The months seem to be flying by!

MAYS EVENTS - Mother's Day, Memorial Day and for many - graduations, other family events are celebrated or remembered.

One of my favorite "sayings" is "The only constant is Change". Our Club is a living example: the new "younger" volunteers are increasing, and we have a plan to reach out to more local seniors to come to Sea Country Sr. and Community Center to participate in events.

I would also like each of you to consider volunteering for a board position. We do need an Historian (to keep our History Books current), we could use some help (an Office Manager), and a Computer person to assist with monitoring our new Website which is being built.

Come to the Senior Club Office to share your ideas of new ways we can assist our local seniors in their needs.

Be sure to check our Dates to Remember, as well as Community Tip!

*-Yvonne*

MARC WINER SAYS:  
The first time he had this dessert at Tastes of Greece, he went to all of the other tables telling them: in his vast world traveling, this was the best dessert he has ever tasted.



## TASTES OF GREECE ARMENOVIL

Meringue, chocolate, and caramelized almond ice cream topped with chocolate sauce a Thessaloniki favorite.

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Every Wed. Bingo ..... 11:30-3:00  
 Every Wed. & Fri Party Bridge.....12:15  
 Every Thurs. Scrabble..... 1:00-4:00

	G <sub>2</sub>						
S <sub>1</sub>	C <sub>3</sub>	R <sub>1</sub>	A <sub>1</sub>	B <sub>3</sub>	B <sub>3</sub>	L <sub>1</sub>	E <sub>1</sub>
	O <sub>1</sub>						
	U <sub>1</sub>						
	P <sub>3</sub>						


Thursdays  
1:00-4:00  
Sun Room



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



**BOOK GROUP**  
 1st Fridays 1:00-2:30



READY FOR MY  
**HOT GIRL SUMMER**



**MAY THE 4TH**  
**BE WITH YOU**

MAY 2026

**2026 SR. CLUB DATES TO REMEMBER:**

May. 1, Fri. Book Club Meeting  
 May. 10, Sun. Mothers Day  
 May. 12, Tues. Board Meeting  
 May. 25, Mon. Memorial Day, Sea Country Center Closed

SAVE THE DATE  
 SAT. JUNE 20th BINGO

**ADVERTISERS NEEDED & WANTED**  
 Any Service or Product for Seniors (over 50)  
 Available Sizes:  
 Business card to full page  
**CALL MARC WINER**  
**949-495-6584**

**REMINDER**  
 Renew *your* Club Membership for 2026.  
**\$25/single**  
**\$45/couple**

Dear Mom,  
 Thanks for not feeding me to a shark or selling me to the circus. I know it was a real possibility.  
 Happy Mother's Day!



your  cards

**MAY**

**NEW & RETURNING MEMBERS**

Rolando Ferreira and Elda Ferreira

Desk Volunteers, Gerri and Ann have been telephoning our members to verify they received the current Newsletter, whatever else you may want to talk about and checking your membership.

Thank you for your responses

**OFFICERS**

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

**BOARD MEMBERS**

Bingo	David Ferandez
Care & Concern	Willie Goodman
Public Relations	
Members at Large	Ilona Thompson
Membership	Carol Williams

**COMMITTEE CHAIRS**

Event Coordinator	Chris Morgan
Holiday Parade	David Ferandez
Party Bridge	
Coordinator	Marina Lopez
	Tom Chalfa
Bingo Coordinator	Vicki Derengowski
Bingo	Sr. Board
Assistants to Board	Vicki Derengowski
Newletter layout	Anna Shambaugh

**DISCLAIMER**

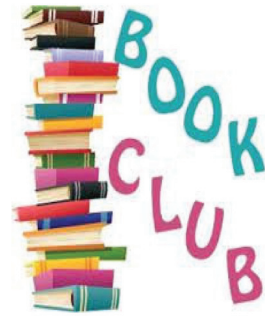
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## THEY SUPPORT US!

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City of Laguna Niguel	Page 7, 8, 11
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O'Connor Mortuary	Page 9
Aliso Creek Printing	Page 9
Watermark Laguna Niguel	Back Cover

### VISIT OUR WEBSITE

<http://lagunaniguelseniorcitizensclub.com>



## SENIOR CENTER BOOK CLUB

Dear Book Lovers,

Our astronauts have arrived safely home. NASA raised the bar once again..

And----Spring has sprung!!!

Our book club discussed *My Friends* by Frederik Backman in April. It was a most animated discussion about a book that was well liked by most of us. The book begins with the sale of a well known painting that most people see as a picture of the sea. However, eighteen year old Louisa notices the three young people in the painting sitting at the end of the pier. Thus the real story begins as she learns more about these three friends who come together each day from their miserable home lives to be rebellious, to joke around, who need each other and support one another.

This story is heart wrenching at times but is filled with Backman's humor that makes it possible to read.

Backman was once heard to say "I am going to have a writer's block. I just haven't gotten around to it yet."

Our future meetings include the following books:  
May 1st, *The Briar Club* by Kate Quinn, led by Susan.

June 5th, *Hello Beautiful* by Ann Napolitano, led by Mary Ann

July 3rd, *Broken Country* by Clare Leslie Hall, led by Maureen.

August 7th, *The God of the Woods* by Liz Moore, led by Janet.

Newcomers are welcome. We meet the first Friday of each month from 1-3:00.

Happy Reading.

Linda Danto and Maureen Anapoell, Co Chairs

Have you been curious about

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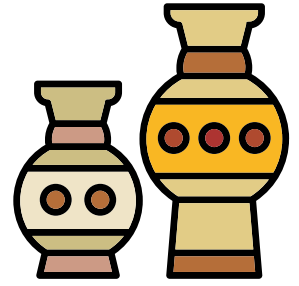


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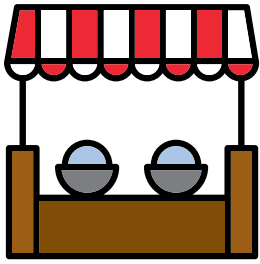


# DID YOU KNOW...

that trade took place more than 10,000 years ago? Neighbors swapped items such as pots, lumps of metal to make tools or jewelry. Plants, thought to have medicinal properties, and food (if there happened to be a surplus) were also traded.



that by 6,000 BC, when agricultural communities were established, food and livestock were exchanged for clothing, furniture and even coffins!



that wares were displayed on the ground or on temporary market stalls, a practice used in Britain until the Middle Ages?

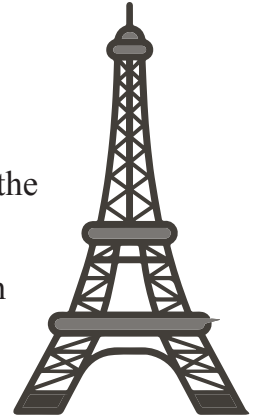
that from about the 12th century, European stallholders began setting up more permanent shops? Each place sold a specific selection of items. This set the pattern used today where shopkeepers became specialists, and hired clerks were trained to become knowledgeable about the product being sold.

that in 1643, a chain of pharmacies was set up in Japan?



that today's multiple retail stores began a very long time ago, pioneering in Paris with the opening of the Belle Jardiniere in 1824?

that in 1848, Will Smith began to sell books and magazines at London's Euston Station after winning the bookstall concession award for all stations on the London and North Western Railway, and by the end of the century, he had 800 outlets????



that a new breed of retailer began to emerge, and among them was Harry Selfridge, an American whose innovations are practiced today in every department store?



that there is so much more to share with you about the buying and selling that took place in the past and how what was done then is affecting how we buy our goods today. Ralphs, Vons, Stater Brothers are all using multiple self-check out stations. Are they new or were they used many years ago?

Please tune in next month when this long story will continue with many more interesting revelations. Until then, I will remain true to my hobby and continue researching the origins of things of interest to me.

*Maureen Anapoell*

**OPENS**  
**COMMUNITY TIP**  
**MAY 30**

## VOTING LOCATION

**SEA COUNTRY SENIOR AND COMMUNITY CENTER**  
**24602 Aliso Creek Rd, Laguna Niguel**  
**Drive Thru available**



## Lock in prices today to protect your loved ones tomorrow.

Like many things, costs will continue to increase, so planning your final arrangements now is a wise decision. By doing so before the time of need, you can protect yourself and your loved ones against rising costs and gain valuable peace of mind.

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## Aimee Johnson

Pre Planning Service Advisor  
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Instructor  
Mr. Aaron Goldstein



Improve your memory



Increase your social life



Patience – to learn the rules  
and it's FREE!

## When will the class be?

To determine when and where the class will begin we need to know how many people are interested.

If you are interested in taking Party Bridge Lessons

Call LNSCC Office: 949.362.2937 or

Send a card to: MARINA LOPEZ, Att: Party Bridge List,  
P.O. Box 7164, Laguna Niguel, CA 92607-7164

Include your NAME and TELEPHONE NUMBER

*Hope to hear from you soon!*

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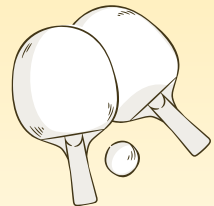
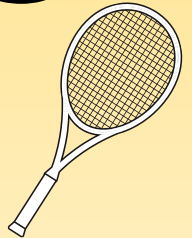
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# 1<sup>ST</sup> ANNUAL SOUTH ORANGE COUNTY SENIOR GAMES



## PRESENTED BY



### CITY OF LAGUNA HILLS

BADMINTON (SATURDAY) 9AM-12PM

### CITY OF LAGUNA NIGUEL

OPENING CEREMONY (FRIDAY) 5PM-7PM

BOCCE (SATURDAY) 9AM-12PM

BILLIARDS (SUNDAY) 9AM-4PM

TABLE TENNIS (SUNDAY) 8AM-4PM

SWIMMING (SUNDAY) 7AM-9AM

### CITY OF MISSION VIEJO

PICKLEBALL (SATURDAY) 2PM-5PM

TENNIS (SUNDAY) 9AM-12:30PM

## JUNE 5-7, 2026

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**TO REGISTER, CONTACT THE HOST CITY**

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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!

**Turning 65?  
Have Medicare  
questions?  
I can help.**



- ✓ How do I avoid penalties?
- ✓ How do I meet important deadlines?
- ✓ What are Parts A, B, C, and D of Medicare?

We can answer your questions and help you find a plan that best fits your needs at *no additional cost.*

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1/26

**Age Well**  
*Orange County's partner in aging*



**MORE NEIGHBORS ARE  
COUNTING ON AGE WELL**

Your gift keeps O.C. seniors nourished and cared for

**MEALS. CARE. CONNECTION.  
YOUR SUPPORT MAKES IT POSSIBLE.**

Age Well provides meals, care, and companionship that help local seniors stay healthy and connected. As costs rise and the need grows, community support keeps meals served and neighbors cared for.

**THE DIFFERENCE YOU MAKE** ✨

- Keeps programs and social lunches available at senior centers
- Delivers nutritious meals to homebound seniors
- Provides wellness checks and daily companionship

**GIVE WHAT YOU CAN**

Give at the front desk, scan the QR code,  
or online at [myagewell.org/give](http://myagewell.org/give)



*Age Well Senior Services is a nonprofit 501(c)(3)  
serving Orange County since 1975*

*All contributions are voluntary, confidential, and tax-deductible as allowed by law.*



**South Orange  
County**

**May 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
<p><b>SUGGESTED CONTRIBUTION</b> - 60 YRS OR OLDER: \$5.50 <b>COST</b> - 59 YEARS OR YOUNGER: \$7.50</p> <p>Reservations are required &amp; must be made by 12pm 2 business days in prior to reservation date. You can RSVP in person at [redacted] or by calling <b>949-362-2807</b>.</p> <p>No special requests or menu substitutions. Menu subject to change without notice. Our menus, per meal, average 500 - 700 calories</p>				<p><b>BBQ CHICKEN SLIDER</b> Zucchini Apple Soup Orange Juice Chocolate Chip Cookie Milk <b>1</b></p>
<p><b>BEEF SLOPPY JOE</b> Creamy Coleslaw Apple Sauce Orange Juice Milk <b>4</b></p>	<p><b>BUFFALO CHICKEN</b> Honey Glazed Carrots Cilantro Lime Brown Rice Orange Chocolate Chip Cookie Milk <b>5</b></p>	<p><b>CHIPOTLE CHICKEN SANDWICH</b> Tomato Basil Soup Tropical Fruit Milk <b>6</b></p>	<p><b>SALISBURY BEEF STEAK</b> Garlic Mashed Potatoes Carrot Raisin Slaw Wheat Roll Orange Milk <b>7</b></p>	<p><b>CREAMY LEMON</b> Ranch Salad Penne Pasta Orange Oatmeal Raisin Cookie Milk <b>8</b></p>
<p><b>MONGOLIAN CHICKEN</b> Asian Coleslaw Ginger Brown Rice Mandarin Cup Milk <b>11</b></p>	<p><b>GROUND BEEF PHILLY</b> Tex Mex Soup Hoagie Roll Orange Chocolate Chip Cookie Milk <b>12</b></p>	<p><b>CHICKEN CACCIATORE</b> Roasted Zucchini &amp; Squash Italian Pasta Salad Orange Juice Pound Cake Milk <b>13</b></p>	<p><b>CHICKEN SALSA VERDE</b> Mexican Coleslaw Spanish Rice Pineapple Cup Milk <b>14</b></p>	<p><b>CHIMICHURRI SALMON</b> Green Bean Salad Linguine Cantaloupe Milk <b>15</b></p>
<p><b>TERIYAKI CHICKEN</b> Zucchini Squash Medley Macaroni Salad Mandarin Cup Oatmeal Raisin Cookie Milk <b>18</b></p>	<p><b>CHICKEN WALDORF SANDWICH</b> Cream of Broccoli Soup Cinnamon Baked Apple Milk <b>19</b></p>	<p><b>ITALIAN BEEF MEATBALL SUB SANDWICH</b> Tuscan Bean Soup Orange Apple Sauce Milk <b>20</b></p>	<p><b>GREEK CHICKEN SLIDER w/TZATZIKI SAUCE</b> Greek Tomato Salad Cantaloupe Milk <b>21</b></p>	<p><b>BEEF CHILI</b> Roasted Potatoes Rainbow Salad Wheat Roll Cantaloupe Milk <b>22</b></p>
<p><b>CLOSED</b></p> <p><b>MEMORIAL DAY</b> HONORING ALL WHO SERVED MAY 25</p>	<p><b>BEEF w/BEAN TACOS w/ TOMATILLO SLAW</b> Corn Salad Spanish Rice Tropical Fruit Milk <b>26</b></p>	<p><b>CHICKEN SHAWARMA</b> Mediterranean Salad Pita Bread Orange Pound Cake Milk <b>27</b></p>	<p><b>BEEF MEATBALLS w/MARINARA</b> French Bistro Salad Spaghetti Pineapple Cup Milk <b>28</b></p>	<p><b>CHICKEN TARRAGON SANDWICH</b> Tomato Basil Soup Orange Juice Cantaloupe Milk <b>29</b></p>

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.

*On Mother's Day* BY BRUCE LANSKY

On Mother's Day it isn't smart  
To give your mom a broken heart.  
So here are thing you shouldn't say  
To dear old mom on Mother's Day:  
Don't tell her that you'll never eat  
A carrot, celery, bean, or beet.  
Don't tell her you think smoking's cool.  
Don't tell her you've dropped out of school.  
Don't tell her that you've drowned the cat.  
Don't tell her that she looks too fat.  
Don't tell her when you're grown you'll be  
A starving poet—just like me.





★ ★ ★

# MEMORIAL

★ ★ ★ DAY ★ ★ ★

## CEREMONY

MONDAY, MAY 25 AT 12:00PM

★ **SHOW YOUR APPRECIATION** ★

Join us in reflecting and remembering the brave military service men and women who lost their lives serving our country. Guest speaker, color guard and recognition of Veterans in attendance.

★ **Special Guest Speaker** ★  
**CAPTAIN SKIP STEPHENSON**  
*TOPIC: VIETNAM VETERANS MEMORIAL*

Please stay for light refreshments  
Doors open at 11:30am, ceremony starts at 12pm



SEA COUNTRY SENIOR AND COMMUNITY CENTER  
24602 Aliso Creek Rd., Laguna Niguel | [CityofLagunaNiguel.org](http://CityofLagunaNiguel.org) | (949) 425-5151





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A simple guide to understanding senior living options created from real conversations with residents, families, and team members.



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LAGUNA NIGUEL

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MEMORY CARE

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