



20 MONTHLY 24 NEWSLETTER

SEPTEMBER

Age Well
Orange County's partner in aging

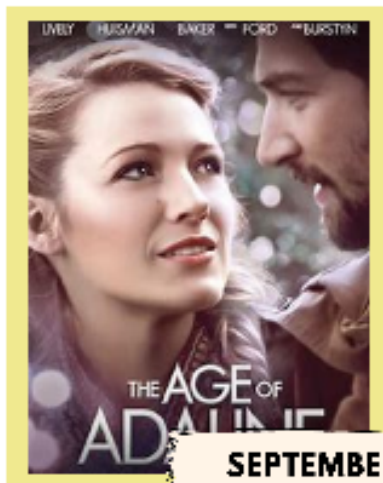
**DANA
POINT**



FRIDAY FLICKS

FREE MOVIE SCREENING PRESENTED BY THE CITY OF DANA POINT RECREATION DIVISION.

Join us in the Coastal Café at the Community Center every **Friday at 1:00pm** for a featured film. Those wishing to arrive early can line up in the hallway **starting at 12:50pm**. Seating is limited to 55 guests. Sign-in is required at the door.





SEPTEMBER WEEKDAY LUNCH MENU



September 2024 Menu

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CLOSED Labor Day Observance  2	BQ CHICKEN Potatoes Salad  Carrots w/ Parsley Orange Juice German Chocolate Cake Milk BINGO 3	LEMON HERB CHICKEN Moroccan Carrots; Orange Lemon Thyme Brown Rice Chocolate Chip Cookie Milk 4	BEEF MEATBALLS w/MARINARA French Bistro Salad Spaghetti Pineapple Cup Milk BINGO 5	CHICKEN TARRAGON SANDWICH Tomato Basil Soup Orange Juice Cantaloupe Milk 6
CHICKEN KEBAB Moroccan Carrots Spinach Tomato Orzo Orange Juice Oatmeal Raisin Cookie Milk 9	CHICKEN SHAWARMA Mediterranean Salad Pita Bread Orange Pound Cake Milk BINGO 10	TUSCAN SALMON Balsamic Green Beans w/Pearl Onions Whole Wheat Pasta Pineapple Cup  Milk 11	CHICKEN BANH MI SUB SANDWICH Carrot Soup Tropical Fruit Cup Milk BINGO 12	TERIYAKI BURGER Pineapple Salsa  Hawaiian Mac Salad Carrot Cake Milk 13
GROUND BEEF PITA SANDWICH Steamed Green Beans Couscous Salad & Pita Bread Pineapple Cup Milk 16	MANGO CHUTNEY CHICKEN SANDWICH Zucchini Apple Soup Orange Juice Cinnamon Baked Apple Milk BINGO 17	BEEF MEATLOAF Mashed Potatoes Sauté Peas & Carrots Wheat Roll: Orange Apple Sauce Milk 18	CILANTRO LIME CHICKEN Mediterranean Salad Lemon Thyme Brown Rice Orange Oatmeal Cookie Milk BINGO 19	CHICKEN MARSALA Rainbow Salad Tomato Rice over Bell Pepper Mandarin Cup Milk 20
MEXICAN BEEF LASAGNA Mexican Coleslaw Apple Sauce Orange Juice Milk 23	GREEK TURKEY BURGER w/TZATZIKI SAUCE Greek Tomato Salad Cantaloupe Milk BINGO 24	CHIPOTLE CHICKEN SANDWICH Split Pea Soup Tropical Fruit Milk 25	CITY SPONSORED LUNCH Chinese Chicken Chop Salad  BINGO 26	SALISBURY BEEF STEAK Rosemary Roasted Potatoes Carrot Raisin Slaw Wheat Roll Orange Milk 27
BEEF CHILI Roasted Potatoes Rainbow Salad Wheat Roll Cantaloupe Milk 30			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 Sandy or by calling (949)496-4252 . No special requests or menu substitutions. Menu subject to change without notice. Our menus, per meal, average 500 - 700 calories	

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.

Reservations are appreciated 72 hours in advance before the lunch you choose.

Call Sandy with Age Well at (949) 496-4252 to make your reservation.

The Garden Café will open at 10:45am for seating, with lunch served at 11:30am.

Lunch includes entrée, beverage, and dessert.

Suggested donation for 60 years & older: \$5.50

Under 60 years of age the cost is \$7.50

Senior transportation is available or the lunch program.

Contact Age Well at (949) 496-4252 for information.



COFFEE, PASTRIES & BREAKFAST

Monday/Tuesday/Thursday/Friday

8:00am to 9:45am in the Garden Café

A variety of packaged pastries, microwavable breakfast items,
coffee, tea, and orange juice

No reservations required, but seating is limited.

BINGO

Tuesday

September 3,10,17,24

Thursday

September 5,12,19,26

Attendance at the Age Well lunch
is required to participate in Bingo.

**Please make reservations 72 hours
in advance**

To reserve your space for lunch and
Bingo call Sandy at 949-496-4252.

CITY SPONSORED LUNCH

Choose either 11:30am or
1:15pm lunch time

September 26th



Chinese Chicken Chop Salad

Please make Reservations:

Sandy 949-496-4252

ACTIVE LIFESTYLE PROGRAMS

Active Lifestyle programs are for those 50 years and older, and are offered through the City of Dana Point Recreation Division.

Register online at www.danapoint.org/recreation or in-person at the Dana Point Community Center front office.

ACTIVE LIFESTYLE COUNTRY NIGHTS SOCIAL

8749 MON 5:00PM– 7:00PM SEPT 23rd \$10 PER PERSON

Yeehaaa!! Grab your cowboy hats & dirt-kickin boots and let's 2-step the night away! We will have delicious food catered from a local restaurant and raffle prizes. Entertainment will be provided by JB and the Big Circle Riders. **Pre-registration is required by September 16th. Doors open at 5:00 pm Location: Dana Point Community Center, 34052 Del Obispo St.**

ACTIVE LIFESTYLE OKTOBERFEST EXCURSION

8765 WED 10:00 am—2:30 PM SEPT 25th \$10 PER PERSON

Join us for a great afternoon outing to Old World Oktoberfest in Huntington Beach. Arrive at 9:45, bus departs DP Community Center at 10:00 am and returns at 2:30 pm.

Lunch includes Bratwurst, Potato Salad, Sauerkraut, Lemon Dill Chicken, Mashed Potato and Apple Streusel Cake, Coffee/Water

Beer/Wine \$7.00

Open Mic

Monday, September 30, 12:00-12:30 PM

Calling all singers!!! Please sign up at the Front desk.



ACTIVE LIFESTYLE PROGRAMS

Active Lifestyle programs are for those 50 years and older, and are offered through the City of Dana Point Recreation Division.

Register online at www.danapoint.org/recreation or in-person at the Dana Point Community Center front office.

ACTIVE LIFESTYLE HALLOWEEN HAUNT SOCIAL

8741 FRI 5:00PM– 7:00PM OCT 18TH \$10 PER PERSON

Trick or Treat!! Let's scare up some fun! Join us for a night of food, friends, and frights! It's time to get spooky with our Halloween Haunt Senior Social! The event will include delicious food catered by a local restaurant, entertainment, raffle prizes & prizes for the best costumes, so come dressed in your Halloween best! **Pre-registration is required by October 14. Doors open at 5:00 pm at the Dana Point Community Center 34052 Del Obispo St.**



We invite you to hang out and enjoy playing games with friends. Play board games, cards, color or put together puzzles.

WHEN: Monday's after lunch until 2:00pm

Please sign in upon arrival.

No reservations required.



Humana

TEST YOUR NUTRIENT IQ



Nutrition is the intake of food in relation to what your body needs. The purpose of food is to give your body what it needs to grow, function and be healthy. Good nutrition helps maintain good health; while poor nutrition can lead to problems.

#8753 August 5th 10am–11am Room C

SUPERFOODS



There is no single food or nutrient that will keep your body disease-free. However, a healthy diet filled with the right variety of foods may offer some protection

#8755 August 19th 10am–11am Room C

PROTECT YOURSELF FROM SCAMS



Each year, many people fall victim to scams. It's important to learn about steps you can take to help keep yourself safe.

#8754 Sept 9th 10am–11am Room C

MEDICARE 101



Get basics on how Medicare works, sign up, and review your options for more coverage. Learn about it at your own pace.

#8756 Oct 2nd 10am–11am Room C

MEMORY SCREENING NOW AVAILABLE






Age Well will be offering a free memory screening program that takes place on the first Monday of every month.

***Schedule your appointment for
October 7th
Free On-Site Memory Testing**

Irvine Clinical Research is offering a **FREE** memory evaluation



MEMORY LOSS RISK FACTORS

-  FAMILY HISTORY
-  TROUBLE SLEEPING
-  HIGH STRESS LEVELS
-  AGE OVER 60+
-  DIABETES

Age Well
Orange County's partner in aging

For appointments Contact Sandy at **949-496-4252**

At the Dana Point Senior Center

Appointments available the first Monday of each month



Helping Hand Worldwide

HELPING HANDS DRIVE-UP FOOD DISTRIBUTION

MONDAYS 2:30PM TO 3:00PM

Dana Point Community Center

- Cars may line up at 2:15pm.
- We kindly ask that people do not come early and park in a regular parking space and then cut into the line.
- Please do not block the roadway of the Community Center parking lot.
- One bag per vehicle
- We appreciate participants treating city staff with respect and courtesy at all times.

**FAILURE TO ABIDE BY ANY OF THE ABOVE MAY RESULT IN YOU NOT
BEING ABLE TO PARTICPATE IN THIS FOOD PROGRAM, OR
CANCELLATION OF THE PROGRAM.**

Note: food items quantities may vary

UPCOMING CITY EVENTS



REDO VINTAGE AND MAKERS MARKET

Sunday, September 22, 8:00 am-3:00 PM

This event features over 100 booths with artisans and vintage merchandise. Stroll along Del Prado Avenue in Dana Point and explore the carefully curated collection of vintage dealers and makers, while enjoying some live music, local restaurants and shops.

For further information, email

info@redomarket.com

BAGELS & BINGE

Mondays 8:00am-9:45am

Program provided by the City of Dana Point

Garden Café opens at 8:00am, with bagels and other items available. Show starts at 8:30am.

The logo for the television show Seinfeld, featuring the word "Seinfeld" in a red, cursive font with a yellow oval background.

Jerry Seinfeld stars in this television comedy series as himself, a comedian. The premise of this sitcom is Jerry and his friends going through everyday life, discussing various quirky situations, to which we can all relate (especially if we live in New York City). The eccentric personalities of the offbeat characters who make up Jerry's social circle contribute to the fun.

Reservations not required.

**** Sign-in upon entry****



Access information, resources & more!

OC Public Libraries

Mobile Library

On-the-Go!



Check out
Chromebooks &
Hotspots

Get a
library
card!



Check out
books, DVDs,
magazines &
more!



Can't get to us?
Ask about our free
Books By Mail Program

More information

ocpl.org/mobilelibrary

ocpl.mobilelibrary@occr.ocgov.com

(714)566-2708



DANA POINT SENIOR CENTER RM. C
3RD THURSDAY, 10:00AM - 11:30AM

COME ENJOY OUR FREE MOBILE LIBRARY SERVICES AND CRAFT PROGRAM!

Age Well®

Orange County's partner in aging

HI-CAP COUSLING

HICAP provides free in person unbiased Medicare counseling to Medicare beneficiaries, families and care givers. This includes Medicare enrollment, benefits, advantages plans, drug plans and medigap plans. Additionally, assistance programs and long term care services are available. It is the 4th Monday of every month.

To schedule an appointment call 949-496-4252. **September 30th from 8:00am– 12:30 pm**

LUNCH PROGRAM TRANSPORTATION



FREE TRANSPORTATION

For Dana Point residents, 60 years

Age Well
Orange County's partner in aging

Join us at
**Dana Point
Senior Center**



- Visit myagewell.org
- Email dpc2@myagewell.org
- Dana Point Senior Center
- 949.496.4252

Enjoy Weekday Lunch Café

Monday - Friday | 11 am to 12:30 pm

Elevate your weekday lunch game by joining Lunch Café at Dana Point Senior Center, where you can meet new community members and enjoy delicious, nutritious meals prepared by Zest in a Bowl and provided by Age Well Senior Services.

Reserve your Seat: 949.496.4252



Become a Volunteer

Serve Dana Point Seniors in Need

Opportunities Include: Meals on Wheels Driver, Friendly Visitor, Lunch Café Server, & More!

Sign up today!

Scan QR Code with your phone camera

Visit – myagewell.org/volunteer/

Email – dpc2@myagewell.org



Age Well

Orange County's partner in aging



Non-Emergency Medical Transportation

The Age Well Senior Services Non-Emergency Medical Transportation Program was developed to provide seniors with transportation to non-emergency medical appointments, including therapy, dental visits, hearing, dialysis, prescription pick-ups, testing, and x-rays.

This program, serving individuals aged 60 and older in South Orange County, is funded in part by the County of Orange Office on Aging through Measure M2 and the National Tobacco Settlement of 1998.

Call **(949) 855-9766** for additional program information.

Visit www.myagewell.org, print, and complete the application under *Transportation*.

Eligible participants must register through the mail prior to utilizing the service.

Participant Criteria

- Must be at least 60 years old
- Must live in South Orange County, which includes the cities of Aliso Viejo, Dana Point, Irvine, Laguna Woods, Laguna Niguel, Laguna Hills, Laguna Beach, Lake Forest, Foothill Ranch, Mission Viejo, Rancho Mission Viejo, Ladera Ranch, Newport Beach, Rancho Santa Margarita, San Clemente, San Juan Capistrano and Capistrano Beach.

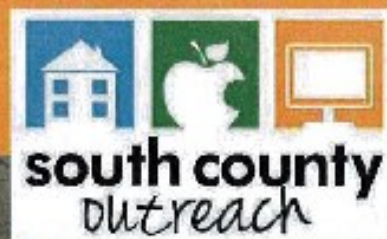
Service Criteria

- Transportation is provided within the designated service area, which includes Irvine, Newport Beach, and all cities through San Clemente. Trips outside this area are limited to a maximum distance of 15 miles from the client's residence to the medical facility.
- In addition to serving medical facilities within the designated service area, this program also serves Kaiser Anaheim (Lakeview), UCI Medical Center in Orange, St. Joseph's Hospital of Orange, and the Long Beach Veterans Hospital.
- Clients are allowed up to sixteen one-way trips per month, equivalent to eight round trips.
- Rides must be booked at least five (5) business days in advance.
- Passengers will be charged \$2.00 each way and must have exact change. Caretakers ride free of payment.

Transportation Hours

- Monday through Friday 7:00 am – 6:00 pm
- Transportation is not available on holidays

*Now
Open!*



NEW Food Pantry in Laguna Niguel!

**28991 Golden Lantern, Suite D105
Laguna Niguel, CA 92677**

Pantry Hours:

Monday and Wednesday, 9:00 a.m. to 2:00 p.m.

**All new food program applicants must schedule an appointment
by email at appointments@sco-oc.org.**

More info at www.sco-oc.org/food-program



RECREATION LEADER OF THE QUARTER

KELLY DAUB



Kelly Daub is being recognized as Recreation Leader of the Quarter for the summer season. Her dedication to serving Dana Point's community humbly and kindly makes the City proud to have her represent the Recreation Division. Kelly is friendly, dependable, and patient. She regularly goes out of her way to provide excellent customer service to participants and co-workers. She brings creativity and helpful insight, elevating the City's programs and services. You can see Kelly instructing Theater Camp, at the front desk, City events, in the Coastal Café , Active Lifestyle Programs, calling BINGO, and all around the Community Center. Congratulations to Kelly! The City of Dana Point is honored to award you as Recreation Leader of the Quarter.



COMMUNITY RESOURCES

ANIMAL SHELTER

PET PROJECT FOUNDATION

(949) 595-8899

BEACH INFORMATION

COUNTY BEACHES & PARKS

(949) 923-2280

DOHENY STATE BEACH OFFICE

(949) 496-6172

PICNIC RESERVATION

(949) 496-3617

CAMPING RESERVATIONS

RESERVECALIFORNIA.COM

CHAMBER OF COMMERCE

DANA POINT CHAMBER OF COMMERCE & VISITORS CENTER

34183 PACIFIC COAST HWY, SUITE A

DANA POINT CA 92629

(949) 496-1555

DANAPOINTCHAMBER.COM

DANA POINT HARBOR

DANA POINT HARBOR PATROL

BUSINESS OFFICE (949) 723-1002

EMERGENCIES 911

DANAPOINTHARBOR.COM

HARBOR INFORMATION

(949) 388-3663

OCEAN INSTITUTE

24200 DANA POINT HARBOR DRIVE

DANA POINT, CA 92629

(949) 496-2274

OCEAN-INSTITUTE.ORG

VETERAN BENEFITS

THE DANA POINT COMMUNITY CENTER PROVIDES VETERANS ASSISTANCE ON THE **1ST AND 3RD** WEDNESDAY OF EVERY MONTH.

MEET IN ROOM B FROM **2:00 PM - 4:00 PM**

FOOD DISTRIBUTION

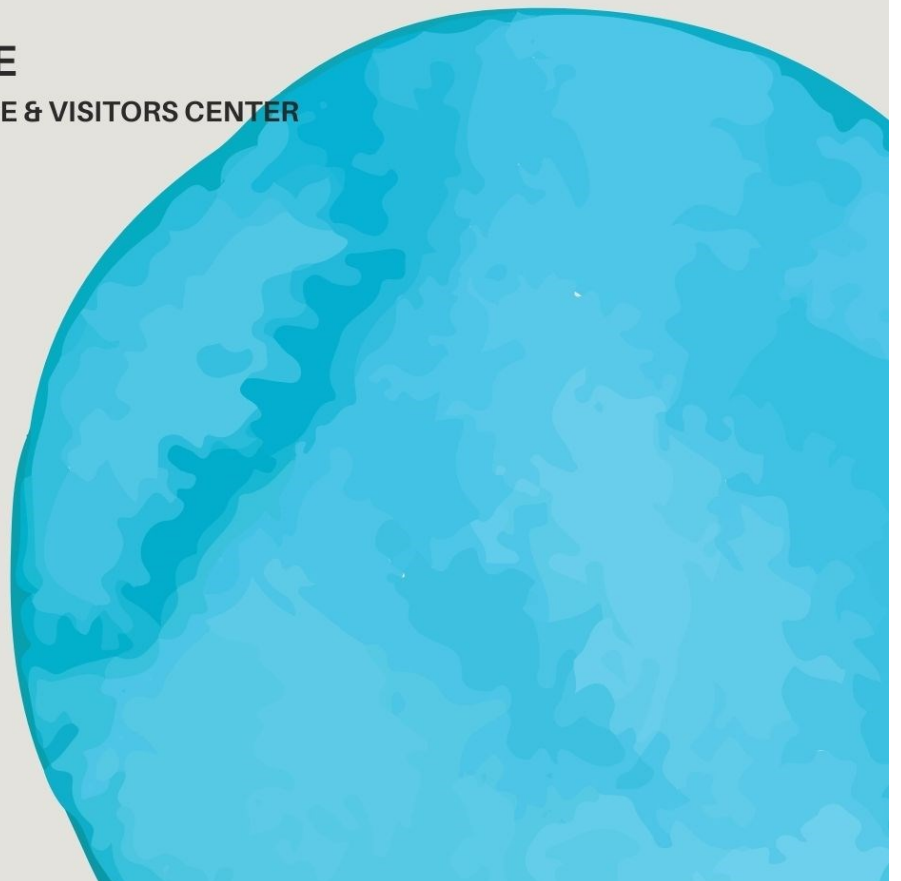
DOROTHY VISSER SENIOR CENTER

117 AVE VICTORIA

SAN CLEMENTE, CA 92672

(949) 498-3322

OPEN 1ST AND 3RD WEDNESDAY



AUTUMN WORD SEARCH

Find All The Words!

X C Z B B V S M W P K M J W I C L U D S
A Y T X Q L B K H T A I N I A P Y M R F
X Q S O W F S G L U D A P P L E E O G D
B E E L O T D C T G A L F A G G K D H U
A Q V V P I S U D O J W O R C E R A C S
H B R I S K M R J G L A O A M W U B F F
D T A W G N I V I G S K N A H T T B X A
M E H M Q L P R K E L L L A B T O O F W
I G H H W G I Y I P L U F R O L O C A E
L Q G A V R E Y M L H G Y A G B O D F V
K P O K C P S R E S N N O V E M B E R B
Z X T Z R N E E W O L L A H L M V X L T
C I N X X D F Q P I E K A R E B O T C O
X L S Z I C T R A T Q N W Y A G Y A O P
S I F C H A Y H B I E G R F F U D Y R U
O M E A Y G B T F F E M E O Y J P X Q M
E C U G S V N R A C H W B K C M K Q L P
Z M G F J I C L L G W N Q E M L U O X K
T A S F P N L X P Y W U B J R W F E M I
L L O O C V R P Q Y V V X I B J T Y W N

APPLE
CIDER
CORN
HALLOWEEN
LEAF
PUMPKIN
SEPTEMBER



AUTUMN
COLORFUL
FALL
HARVEST
NOVEMBER
RAKE
THANKSGIVING



BRISK
COOL
FOOTBALL
HAY
OCTOBER
SCARECROW
TURKEY



CITY OF DANA POINT RECREATION DIVISION**Registration Form**

Adult First Name: _____ Adult Last Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Home Phone: _____ Cell Phone: _____

E-Mail: _____

Date of Birth (MM/DD/YYYY) _____

Emergency Contact First Name: _____

Emergency Contact Last Name: _____

Relationship to Participant: _____ Cell Phone: _____

Do any/all registrants listed below in need of additional assistance?

Activity #	Course Name	Participant's Full Name	Sex M/F	D.O.B.	Fee
Check payable to "City of Dana Point"				Total:	
34052 Del Obispo St., Dana Point, Ca 92629					

- Customers are not permitted to submit registration forms or sign waivers for anyone else, except themselves or their child(ren).
- Activities are subject to cancellation or schedule change.
- If an activity is full, we will return your payment and place you on a waitlist.
- All refunds must be requested in writing. A \$10 processing fee will be applied to all check refunds. When courses are cancelled by the City, a full refund will be issued. Non-attendance in a program is not grounds for a refund. The City of Dana Point assumes no responsibility for the reimbursement/refund of any material fee collected by an instructor.
- Class Refund: All refund requests must be received before the start of the second-class meeting. No refunds or credits will be issued after the second-class meeting.
- Camp Refund: All refund requests must be received 72 hours before the start of the camp. No refunds or credits will be issued if the request is received less than 72 hours before the camp.
- No refunds will be issued after the activity has ended.

PLEASE READ AND SIGN THE WAIVER ON THE NEXT PAGE TO COMPLETE YOUR REGISTRATION.

**CITY OF DANA POINT
WAIVER, RELEASE, HOLD HARMLESS, AND AGREEMENT NOT TO SUE**

I, (Print Full Name) _____, fully understand that my participation (including in the City of Dana Point's Recreation classes, including virtual classes, (hereinafter "event/class") exposes me to the risk of personal injury, death, communicable diseases, illnesses, viruses, or property damage. I hereby acknowledge that I am voluntarily participating in this event/class and agree to assume any such risks.

The City of Dana Point, its employees, officials, and agents, are not responsible for any loss, alternation, corruption, or other damage to my personal property, including computers, networks and other personal property used as part of my participation in the event/class. The City of Dana Point makes no warranty that 1) internet service will be adequate to facilitate the event/class, 2) internet service will be uninterrupted, timely, secure, error-free or virus-free, 3) any information that may be obtained through the event/class will be accurate or reliable and/or 4) that any errors in software will be corrected.

I understand and agree that any material downloaded, viewed, or otherwise obtained through the event/class is done at my own risk, and I will be solely responsible for any loss or damage to my personal property, including computer systems and networks, or loss of data that resulted from the use, download and/or viewing an event/class.

I hereby warrant and agree, that the conditions of my property, both personal and real, are suitable for participation in the event/class and that by participating in the event/class, I assume the risk that such property is not suitable and agree to hold the City of Dana Point, its employees, officials, and agents, harmless from any loss or damage arising from injury to person or property arising from the use of such property in the event/class.

I hereby release, discharge, and agree not to sue the City of Dana Point, its employees, officials, and agents, for any injury, death, or damage to or loss of personal property arising out of, or in connection with, my participation in the event/class from whatever cause, including the active or passive negligence of the City of Dana Point, its employees, officials, and agents, or any other participants in the event/class. The parties to this AGREEMENT understand that this document is not intended to release any party from any act or omission of "gross negligence," as that term is used in applicable case law and/or statutory provision.

In consideration for being permitted to participate in the event/class, I hereby agree, for myself, my heirs, administrators, executors, and assigns, that I shall indemnify, defend, and hold harmless the City of Dana Point, its employees, officials, and agents, from any, and all claims, demands actions or suits arising out of or in connection with my participation in the event/class.

I understand and agree that the event/class may be recorded for viewing and/or listening by others at a future date. I consent to the City of Dana Point's use of audio/video recordings of me during the event/class and that the City of Dana Point may use audio/video segments or photograph stills of me for any purpose, including but not limited to news, advertising, and promotional purposes, without compensation to me. I hereby release and hold harmless the City of Dana Point, its employees, officials, and agents, from any claims relating to the use of my likeness and image.

I understand and agree that this is an interactive event/class and agree to always act reasonably and professionally during my participation. During live sessions, participants will be able to see and hear anything within audio or camera viewing areas. Accordingly, the event/class coordinator may, in his or her sole discretion, mute and/or restrict video access to participants during a virtual session.

For virtual classes, where the participant in the event/class is a minor, the parent or legal guardian must monitor the session to ensure the minor is abiding by these and any other rules and regulations established by the event/class coordinator.

When registering a Minor (under age 18), I hereby declare under penalty of perjury under the laws of the State of California that I am the parent or legal guardian of participating Minor. I further declare that I shall indemnify, defend, and hold harmless the City of Dana Point, its employees, officials, and agents from and against any and all Claims resulting from, incident to, or arising out of Minor's participation in the event/class, any and all risks assumed by Minor and me above, and/or the breach of any promises, covenants, and/or representations made by me herein and/or in the above Release.

I HAVE CAREFULLY READ THIS RELEASE, HOLD HARMLESS AND AGREEMENT NOT TO SUE AND FULLY UNDERSTAND ITS CONTENTS. I AM AWARE THAT IT IS A FULL RELEASE OF ALL LIABILITY AND SIGN IT ON MY OWN FREE WILL.

Date Signature of Participant – or Signature of Parent or Guardian if Participant is under the age of 18

Participant(s) under age 18 - Print Full Name(s) _____