



# MONTHLY NEWSLETTER

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**JANUARY**

**CITY OF DANA POINT & AGE WELL SERVICES**

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

Age Well



Active Lifestyle



City of Dana Point

REGISTER IN PERSON OR ONLINE!

Dana Point Community Center  
34052 Del Obispo Dana Point, CA 92629  
recreation@danapoint.org | (949) 248-3530



## JANUARY LUNCH CALENDAR



### January 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
<b>SUGGESTED CONTRIBUTION</b> <b>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 in prior to reservation date. You can RSVP in person at [REDACTED] or by calling [REDACTED]. No special requests or menu substitutions. Menu subject to change without notice. Our menus, per meal, average 500 - 700 calories	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 [REDACTED]. No special requests or menu substitutions. Menu subject to change without notice. Our menus, per meal, average 500 - 700 calories		<b>CLOSED</b> 	<b>SALISBURY BEEF STEAK</b> Garlic Mashed Potatoes Carrot Raisin Slaw Wheat Roll Orange Milk
<b>MONGOLIAN CHICKEN</b> Asian Coleslaw Ginger Brown Rice Mandarin Cup Milk	<b>GROUND BEEF PHILLY</b> Tex Mex Soup Hoagie Roll Orange Chocolate Chip Cookie Milk <b>BINGO</b>	<b>CHICKEN CACCIATORE</b> Roasted Zucchini & Squash Italian Pasta Salad Orange Juice Pound Cake Milk	<b>CHICKEN SALSA VERDE</b> Mexican Coleslaw Spanish Rice Pineapple Cup Milk <b>BINGO</b>	<b>CHIMICHURRI SALMON</b> Green Bean Salad Linguine Cantaloupe Milk
<b>BEEF CHILI</b> Roasted Potatoes Rainbow Salad Wheat Roll Cantaloupe Milk	<b>CHICKEN WALDORF SANDWICH</b> Cream of Broccoli Soup Cinnamon Baked Apple Milk <b>BINGO</b>	<b>ITALIAN BEEF MEATBALL SUB SANDWICH</b> Tuscan Bean Soup Orange Apple Sauce Milk	<b>GREEK CHICKEN SLIDER w/TZATZIKI SAUCE</b> Greek Tomato Salad Cantaloupe Milk <b>BINGO</b>	<b>TERIYAKI CHICKEN</b> Zucchini Squash Medley Macaroni Salad Mandarin Cup Oatmeal Raisin Cookie Milk
	<b>BEEF w/BEAN TACOS w/ TOMATILLO SLAW</b> Corn Salad Spanish Rice Tropical Fruit Milk <b>BINGO</b>	<b>CHICKEN POT PIE</b> Ranch Salad Mandarin Cup Milk	<b>CHICKEN SHAWARMA</b> Mediterranean Salad Pita Bread Orange Pound Cake Milk <b>BINGO</b>	<b>CHICKEN TARRAGON SANDWICH</b> Tomato Basil Soup Orange Juice Cantaloupe Milk
<b>CHICKEN KEBAB</b> Moroccan Carrots Mediterranean Pasta Salad Orange Juice Pineapple Cup Milk	<b>SESAME CHICKEN</b> Cauliflower Broccoli Soup Ginger Brown Rice Cinnamon Baked Apple Milk <b>BINGO</b>	<b>TUSCAN SALMON</b> Butter Green Beans Whole Wheat Pasta Orange Juice Oatmeal Raisin Cookie Milk	<b>CITY SPONSORED LUNCH</b> 	<b>CHEESEBURGER</b> Rosemary Roasted Potatoes Cantaloupe Milk
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>

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.

Reservations are appreciated 72 hours in advance.  
 Call Sandy with Age Well at (949) 496-4252 to make your reservation.  
 The Coastal Cafe will open at 10:45am for seating, with lunch served at 11:30am.

Lunch includes entree, beverage, and dessert.  
 Suggested donation for 60+ years: \$5.50  
 Under 60: \$7.50

Transportation is available for the lunch program.  
 Contact Age Well at (949) 496-4252 for information.

# Age Well

## HI-CAP COUNSELING

### HI-CAP COUNSELING

HI-CAP provides free in person unbiased Medicare counseling to Medicare beneficiaries, families and caregivers. 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.

**January 26th from 8:00am- 12:30 pm**



## LUNCH TRANSPORTATION PROGRAM



Free Transportation  
For residents 60+ Years  
5 Days a Week

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

**Join us at  
Dana Point  
Senior Center**



- Visit [myagewell.org](http://myagewell.org)
- Email [dpc2@myagewell.org](mailto: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/](http://myagewell.org/volunteer/)

Email – [dpc2@myagewell.org](mailto:dpc2@myagewell.org)



## AGE WELL MEALS ON WHEELS INFORMATION

### AGE WELL MEALS ON WHEELS

Meals on Wheels is more than a meal, it's being a part of a community that cares for the wellbeing of their senior neighbors, and likes having fun. You'll get to know your driver as they greet you with a smile and friendly chat! Specifically created by our registered dietitian to meet the nutritional needs of older adults, each delivery consists of three meals. Daily meals include breakfast, lunch, and dinner.

Monday–Friday.

#### What to Expect:

- ✓ 3 meals per delivery.
- ✓ A hot ready-to-eat nutritious meal.
- ✓ A nutritious frozen meal to heat for dinner.
- ✓ A breakfast meal to be eaten the following morning.
- ✓ Friendly check-in by Age Well Volunteers.

For more info Please contact:  
Lourdes Peraza  
Nutrition Manager | Dana Point Senior Center  
(949) 496-1573  
34052 Del Obispo St., Dana Point, CA 92629  
[dpc2@myagewell.org](mailto:dpc2@myagewell.org)



### FREE MEMORY SCREENING

Forgetfulness or something more? Do you have trouble coming up with a word or name? Trouble remembering dates or events? Problems remembering names when introduced to new people? Trouble remembering what you just read or heard? Problems with losing things, planning, or organizing? Noticeably greater difficulty performing tasks in social or occupational setting? If you said yes to any of the above consider scheduling a free memory screening with Alzheimer's Orange County. Contact Age Well to set up your appointment. Appointments offered quarterly on the 1st of the month.

Call **949-496-4252** to set up your appointment.



## BRAIN MYTHS BUSTED! WHAT'S TRUE, WHAT'S NOT, AND WHAT TO DO

**Monday, January 5th | 10:00 AM - 11:00 AM**

**Dana Point Senior Center-34052 Del Obispo St, Dana Point**

Have you heard that we only use 10% of our brain? Or that crossword puzzles alone prevent dementia? Join us as we separate fact from fiction! This engaging session debunks common brain myths and highlights what science really shows about brain health, memory, and aging.

**Call (949) 496-4252 to reserve your spot!**



## ACTIVE LIFESTYLE SOCIALS & EXCURSIONS

Active Lifestyle programs are for those 55 years and older, and are offered through the City of Dana Point Recreation Division.



### VALENTINE SOCIAL

Friday | February 13th | 5pm-7:30pm

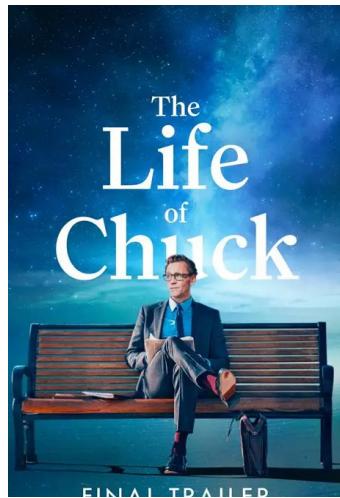
Calling all sweethearts & cupids!! Celebrate the love with us at this year's Valentine's Social! Enjoy delicious food, entertainment, and raffle prizes. Register at [danapoint.org/recreation](http://danapoint.org/recreation), call (949) 248-3536, or visit the Community Center front desk. We hope to see you there!

Dana Point Community Center, 34052 Del Obispo St.

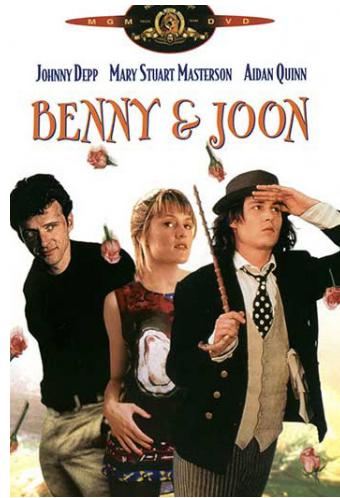
**REGISTRATION OPENS FOR THIS EVENT MONDAY, JANUARY 12TH.**

# Active Lifestyle

## ACTIVE LIFESTYLE PRESENTS FRIDAY FLICKS



JANUARY 9  
LIFE OF CHUCK



JANUARY 16  
BENNY & JOON



JANUARY 23  
RENTAL FAMILY



JANUARY 30  
THE COWBOYS

Movie begins at 1:30pm  
Seating is limited to 55 guests  
Sign-in is required at the door

## ACTIVE LIFESTYLE MEMBERSHIP CARDS

### CHECKING IN HAS NEVER BEEN EASIER!

#### ACTIVE LIFESTYLE MEMBERSHIP PERKS INCLUDE:

- Coastal Café
- Stay and Play
- Friday Flicks
- Excursions
- Socials
- Hassle-Free Check-In

JOIN NOW FOR FREE!



#### HOW IT WORKS

- Check in to your favorite activity by using a membership card or simply provide your name if you happen to forget your card.
- \* If you are not a member a registration form will be required for each activity.

# Active Lifestyle

## BAGELS & BINGE

**MONDAYS 8:00AM-9:45AM**



Fresh bagels while bingeing a classic!  
Coastal Cafe opens at 8:00am, with bagels and other items available.

*I Love Lucy* starts at 8:30am.

**RESERVATIONS NOT REQUIRED  
SIGN-IN UPON ENTRY**



## BINGO!

**TUESDAYS & THURSDAYS**

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/or Bingo call Sandy 949-496-4252.

## COASTAL CAFE

**MONDAY/TUESDAY/THURSDAY/FRIDAY**

8:00am - 9:45am in the Coastal Cafe  
Breakfast will be served offering a variety of packaged pastries, microwavable breakfast items, coffee, tea, & orange juice.  
Please sign in upon arrival.  
*No reservations required.*

## CITY SPONSORED LUNCH

11:30am or 1:15pm lunch times



**JANUARY 29TH**  
Please make reservations with Sandy 949-496-4252

## STAY N' PLAY

**MONDAYS**

After lunch until 3:00pm. We invite you to hang out and enjoy playing games. Play board games, cards, color, draw, or do puzzles with friends!  
Please sign in upon arrival.  
*No reservations required.*

## HELPING HANDS

**MONDAYS**

- 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 PARTICIPATE IN THIS FOOD PROGRAM, OR CANCELLATION OF THE PROGRAM**

*Note: food items quantities may vary*





## ACTIVE LIFESTYLE WEEK AT-A-GLANCE

### MONDAY

- **BAGELS AND BINGE 8AM-9:45AM ROOM B**
- **AGE WELL LUNCH 11:30AM ROOM B**
- **STAY N' PLAY 12:30PM-3PM ROOM B**
- **HELPING HANDS 2:30PM FRONT PARKING LOT**

### TUESDAY

- **COASTAL CAFE 8AM-9:45AM ROOM B**
- **AGE WELL LUNCH 11:30AM ROOM B**
- **BINGO! (WITH LUNCH PROGRAM)**

### WEDNESDAY

- **AGE WELL LUNCH 11:30AM ROOM B**

### THURSDAY

- **COASTAL CAFE 8AM-9:45AM ROOM B**
- **AGE WELL LUNCH 11:30AM ROOM B**
- **BINGO! (WITH LUNCH PROGRAM)**

### FRIDAY

- **COASTAL CAFE 8AM-9:45AM ROOM B**
- **AGE WELL LUNCH 11:30AM ROOM B**
- **FRIDAY FLICKS 1:15PM ROOM B**

# City of Dana Point

## CITY EVENTS



### FESTIVAL OF WHALES KICKOFF EVENT

**Friday, March 6 | 5:00pm - 8:00 pm | Ocean Institute**

The Festival of Whales kickoff event promises a captivating commencement to the weekend celebration. The Acjachemen Nation takes center stage, imparting a profound spiritual touch to the festivities with their poignant Blessing of the Whales ceremony. Against the picturesque backdrop of the ocean, and in partnership with the Dana Point Surf Club, the traditional blessing serves as a poignant reminder of the deep connection between the indigenous people and these majestic marine creatures. Attendees can expect a harmonious blend of cultural reverence and environmental advocacy as they witness this sacred ritual, setting the stage for a weekend filled with oceanic wonder and appreciation for the marine world.



### FESTIVAL OF WHALES CARNIVAL

**Friday - Sunday, March 6-8 | Lantern Bay**

**Friday, March 6 | 5:00 PM - 9:00 PM**

**Saturday, March 7 | Noon - 9:00 PM**

**Sunday, March 8 | Noon - 8:00 PM**

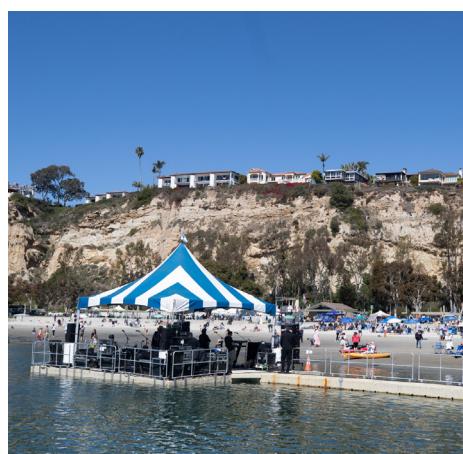
The City of Dana Point invites you to the Festival of Whales three-day carnival, a spectacular celebration with ocean views! Bring your family and friends to enjoy an array of exciting carnival rides, games, and delicious food. This fun-filled event is perfect for all ages and a great way to celebrate the annual migration of the gray whales. The Pet Project Foundation will host a beer garden Friday - Sunday until 8:00 pm with a DJ for live music and announcements. A free shuttle will run from Dana Hills High School to Lantern Bay Park. Mark your calendars and join us for a weekend of fun! For more information, email [recreation@danapoint.org](mailto:recreation@danapoint.org).



### FESTIVAL OF WHALES PARADE

**Saturday, March 7 | 10:00am | Dana Harbor Drive & Island Way**

Kicking off the festivities is the spectacular Festival of Whales Parade! The procession begins on the corner of Golden Lantern and Dana Harbor Drive, turns left onto Dana Harbor Drive, left onto Island Way, crosses the bridge, and concludes at the Richard Henry Dana statue. Spectators can enjoy the parade from sections of the Island Way Bridge and along Dana Harbor Drive. Expect to see giant helium balloons, lively marching bands, spirited school groups, community non-profit organizations, colorful floats, and proud military units. For more details or parade entry information, email [info@danapointchamber.com](mailto:info@danapointchamber.com).



### FESTIVAL OF WHALES CONCERT

**Sunday, March 8 | 12:00pm - 5:00pm | Baby Beach**

Bring your beach chairs and blankets for a lively afternoon of music, food, and fun! This free concert takes place at Baby Beach, 34451 Ensenada Place in Dana Point Harbor, where bands will perform from a specially designed floating dock. The Orange County Parks Foundation will host a Family Fun Zone featuring bounce houses, interactive play areas, delicious food and beverages, plus a Spirit Garden for guests 21 and older. Proceeds will support local sports programs and non-profit organizations. For details, contact: [recreation@danapoint.org](mailto:recreation@danapoint.org).

**1:00pm-2:30pm TBD**

**3:00pm-4:30pm TDB**

## CITY RESOURCES

### DP COMMUNITY CENTER

Front Desk

(949) 248-3530

Age Well Services

(949) 496-4252

### 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

### & 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

## REC LEADER OF THE QUARTER

REC III'S

MARK

KELLY

ALLISON

KEERAN

RENEE

Congratulations to our entire Rec III team! The City of Dana Point is proud to honor you as Recreation Leaders of the Quarter. Your hard work & heart make a difference!