



MONTHLY NEWSLETTER

2



2

6



JUNE

CITY OF DANA POINT & AGE WELL SERVICES

TABLE OF CONTENTS

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



www.danapoint.org

JUNE LUNCH CALENDAR



June 2026 Menu

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CHICKEN KEBAB Moroccan Carrots Mediterranean Pasta Salad Orange Juice Pineapple Milk 1	SESAME CHICKEN Cauliflower Broccoli Soup Ginger Brown Rice Cinnamon Baked Apple Milk 2 BINGO	TUSCAN SALMON Butter Green Beans Whole Wheat Pasta Orange Juice Oatmeal Raisin Cookie Milk 3	CHICKEN BANH MI SANDWICH Carrot Soup Tropical Fruit Cup Milk 4 BINGO	CHEESEBURGER Rosemary Roasted Potatoes Cantaloupe Milk 5
BEEF MEATLOAF Garlic Mashed Potatoes Sauté Peas & Carrots Wheat Roll Orange Apple Sauce & Milk 8	CILANTRO LIME CHICKEN Mediterranean Salad Lemon Thyme Brown Rice Orange Oatmeal Raisin Cookie Milk 9 BINGO	BEEF STROGANOFF Steamed Green Beans Whole Wheat Penne Pasta Mandarin Cup Milk 10	BBQ CHICKEN SLIDER Zucchini Apple Soup Orange Juice Chocolate Chip Cookie Milk 11 BINGO	CHICKEN MARSALA Rainbow Salad Linguine Tropical Fruit Cup Milk 12
BEEF SLOPPY JOE Creamy Coleslaw Apple Sauce Orange Juice Milk 15	CREAMY LEMON CHICKEN Ranch Salad Penne Pasta Orange Oatmeal Raisin Cookie Milk 16 BINGO	BUFFALO CHICKEN Honey Glazed Carrots Cilantro Lime Brown Rice Orange Chocolate Chip Cookie Milk 17	CHIPOTLE CHICKEN SANDWICH Tomato Basil Soup Tropical Fruit Milk 18 BINGO	SALISBURY BEEF STEAK Garlic Mashed Potatoes Carrot Raisin Slaw Wheat Roll Orange Milk 19
MONGOLIAN CHICKEN Asian Coleslaw Ginger Brown Rice Mandarin Cup Milk 22	CHICKEN SALSA VERDE Mexican Coleslaw Spanish Rice Pineapple Cup Milk 23 BINGO	CHICKEN CACCIATORE Roasted Zucchini & Squash Italian Pasta Salad Orange Juice Pound Cake Milk 24	 Sandwich 25 & Chips BINGO	CHIMICHURRI SALMON Green Bean Salad Linguine Cantaloupe Milk 26
BEEF CHILI Roasted Potatoes Rainbow Salad Wheat Roll Cantaloupe Milk 29	CHICKEN WALDORF SANDWICH Cream of Broccoli Soup Cinnamon Baked Apple Milk 30 BINGO		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 _____ or by calling _____ No special requests or menu substitutions. Menu subject to change without notice. Our menus, per meal, average \$100 - 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.

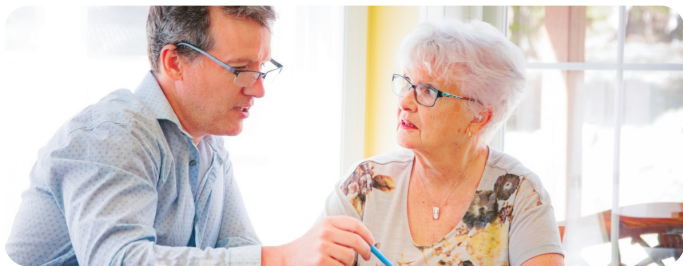
Reservations are appreciated 72 hours in advance.
 Call Age Well at (949) 496-4252 to make your reservation.
 The Coastal Cafe will open at 10:45am for seating,
 with lunch served at 11:30am.
 Lunch includes entree, beverage, and dessert.
 Suggested donation for 60+ years: \$5.50
 Under 60: \$7.50
 Transportation is available for the lunch program.
 Contact Age Well at (949) 496-4252 for information.

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.
Aug 24th from 8:00am– 12:30 pm



LUNCH TRANSPORTATION PROGRAM



Free Transportation
For residents 60+ Years
5 Days a Week



DANA POINT COMMUNITY CENTER WELCOMES KAREN GUSTAFSON

We are excited to welcome Karen Gustafson as our new Age Well Site Manager. Karen brings with her a dynamic background, most recently managing a Fred Astaire Dance Studio, where she developed a strong passion for community connection and helping people feel confident and engaged.

When asked what she is most looking forward to in her new role, Karen shared that she's excited about "meeting all the participants and getting to know them." Her enthusiasm for building relationships and creating a welcoming environment makes her a wonderful addition to the Age Well team. Outside of work, Karen enjoys watching beautiful sunsets at Dana Point Harbor and spending quality time with her daughters and her cat, Luna.

Please join us in giving Karen a warm welcome. We're thrilled to have her with us!

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.

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



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

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 you appointment.

Active Lifestyle



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.



ACTIVE LIFESTYLE EXCURSION: BASEBALL GAME

Wednesday | June 24th | 11:15am-4:15pm
\$25 #9653

Join us for an exciting afternoon at the ballpark as we cheer on our home team the Angels, against the Baltimore Orioles. Please wear comfortable shoes, hats, and clothing. The seats will have access to concession and novelty stands. Note: Concession and novelty stands are cashless. The bus departs from the Community Center at 11:30am and returns after the game at approximately 4:00pm. The game starts at 1:00pm. Pre-registration is required for this event.

Dana Point Community Center,
34052 Del Obispo St.



ACTIVE LIFESTYLE SOCIAL: BEACH BASH

Friday | July 17th | 5pm-7:30pm
\$10 #9636

Celebrate the heat of summer in style. Come in your beach and summer fun attire. Socialize with all your friends and dance the night away! The event will include delicious food, entertainment, and raffle prizes. Cost is \$10 per person. Pre-registration is required for this event. Doors open at 5pm. Dana Point Community Center, 34052 Del Obispo St.



ACTIVE LIFESTYLE EXCURSION: OC FAIR

Thursday | Aug 20th | 10am-3:30pm
\$15 #9699

The OC Fair is back! Join us on August 20 for a day full of fun exhibitions, farm animals, fair food, and all the sunshine you can handle. The bus will arrive at 10:00 am and leave at 10:15 am, from the Dana Point Community Center and will return at approximately 3:30 pm. Food will be available for individual purchase on the trip. This excursion will involve a lot of walking in the sunshine so be sure to dress appropriately, wear comfy shoes, and bring hats/sunblock as needed.

ACTIVE LIFESTYLE PRESENTS FRIDAY FLICKS



"THUNDERBALL"
JUNE 5
THUNDERBALL



JUNE 12
REMARKABLY
BRIGHT CREATURES



JUNE 19
LEGALLY
BLONDE



JUNE 26
AS GOOD AS
IT GETS

Movie begins at 1:30pm.

Seating is limited to 55 guests.

Sign-in is required at the door.

**PLEASE, be courteous of others and
keep noise to a minimum.**

DID YOU KNOW YOU CAN NOW
ACCESS OUR NEWSLETTER ONLINE?
SCAN THIS QR CODE WITH YOUR PHONE
FOR A DIRECT LINK.



billy

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

Magnum P.I. 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 by calling Age Well at 949-496-4252.

CITY SPONSORED LUNCH

11:30am or 1:15pm lunch times



JUNE 25TH

Please make reservations with Age Well 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.

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 begin parking at 2:15pm in the front parking lot.
- Food Distribution 2:30PM-3PM
- 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 and quantities may vary

Active Lifestyle



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 EVENTS



3RD ANNUAL DANA POINT CITYWIDE SCAVENGER HUNT

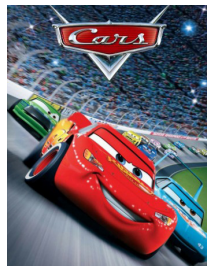
June 1-June30

Hosted by Stand Up To Trash

Grab your passport, gather your team, and let the clues lead the way. This summer, uncover the stories woven into every corner of Dana Point. Details & registration: StandUpToTrash.com/scavenger-hunt

Scavenger Hunt Stops:

- 1.) Capistrano Beach Club
- 2.) Louise Leyden Park
- 3.) RH Dana Statue
- 4.) Don Hansen Plaza
- 5.) Cove Road/Scenic Inn
- 6.) Young's Beach Shack
- 7.) Waterman's Plaza
- 8.) The Nature Interpretive Center
- 9.) Lantern Village Entrance
- 10.) Motorcycle Hill
(displayed at Killer Dana Surf Shop)



MOVIES IN THE PARK

Dana Point Parks

Fridays in June

8:00pm

Bring your blanket or low-back lawn chair and join us under the stars at your favorite neighborhood park for this FREE movie series. The movie starts a few minutes after sunset. Refreshments are available to purchase, with proceeds benefiting local elementary schools and non-profit organizations.

More Info: danapoint.org

June 5: *GOAT* at Dana Crest Park

June 12: *Elio* at Sunset Park

June 19: *Cars* at Del Obispo Park

June 26: *Zootopia 2* at Sea Terrace Park



CONCERTS IN THE PARK

Sea Terrace Park

Sundays

2:30pm- 6:00pm

These FREE family-friendly concerts feature two bands. Food trucks and spirits for 21+ will be available for purchase. More Info: danapoint.org

July 12:

2:30-4:00PM - Cassie B

4:30-6:00PM - Yachty by Nature

July 19:

2:30-4:00PM - Sega Genecide

4:30-6:00PM - Decades

July 26:

2:30-4:00PM - Flock of the 80's

4:30-6:00PM - Flashback Heart Attack

August 2:

2:30-4:00PM - 90's Rock Show

4:30-6:00PM - The Reflexx

August 9:

2:30-4:00PM - Tunnel Vision

4:30-6:00PM - Common Sense

August 16:

2:30-4:00PM - Emo Kids

4:30-6:00PM - Tijuana Dogs

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

ADDIE
DAUB



Congratulations to Addie Daub!
The City of Dana Point is proud to honor you as Recreation Leader of the Quarter. Your hard work & heart make a difference!