MONTHLY NEWSLETTER 2026



OCTOBER

CITY OF DANA POINT & AGE WELL SERVICES

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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

Age Well

OCTOBER LUNCH CALENDAR

South Orange County

October 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
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 500 - 700 calories			CHICKEN CACCIATORE Creamed Spinach Whole Wheat Penne Orange Milk BINGO 1	CHICKEN TARRAGON SANDWICH Tomato Basil Soup Orange Milk 2
SESAME CHICKEN Edamame Slaw Ginger Brown Rice Orange Juice Milk 5	TURKEY CHILI Mashed Potato Carrot Raisin Slaw Wheat Roll Orange Juice Milk BINGO 6	TUSCAN SALMON Cauliflower Soup Whole Wheat Pasta Orange Milk 7	CHICKEN KEBOB Zucchini Apple Soup Pita Bread Orange Juice Milk BINGO 8	CHEESEBURGER SLIDER Coleslaw Orange Milk 9
CHICKEN BANH MI SUB Ginger Carrot Soup Orange Juice Milk 12	CHICKEN SALSA VERDE Cauliflower Gratin Spanish Rice Orange Milk BINGO 13	BEEF MEATBALL STROGANOFF Rainbow Salad Whole Wheat Penne Orange Juice Milk 14	ASIAN TURKEY TACOS Sesame Coleslaw Tortillas Orange Milk BINGO 15	BBQ CHICKEN SLIDER Potato Vegetable Bisque Whole Wheat Bun Orange Milk 16
CREAMY LEMON CHICKEN Rainbow Salad Penne Pasta Orange Milk 19	THAI BASIL GROUND TURKEY Zucchini Apple Soup Ginger Brown Rice Orange Juice Milk BINGO 20	SWEET & SOUR BEEF MEATBALLS Sesame Cabbage Lemon Thyme Brown Rice Orange Milk 21	CHIPOTLE CHICKEN SANDWICH Tomato Basil Soup Orange Juice Milk BINGO 22	SALISBURY BEEF STEAK Garlic Mashed Potato Carrot Raisin Slaw Wheat Roll Orange Juice Milk 23
TERIYAKI CHICKEN Edamame Coleslaw Ginger Brown Rice Orange Juice Milk 26	CHICKEN WALDORF SANDWICH Potato Vegetable Bisque Orange Milk BINGO 27	ITALIAN BEEF MEATBALL SUB SANDWICH Tuscan Bean Soup Orange Juice Milk 28	CITY SPONSORED LUNCH Mini Burritos & Taquito BINGO 29	CHIMICHURRI SALMON Balsamic Cabbage Spanish Rice Orange Milk 30

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.

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.

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.
October 26th from 8:00am– 12:30pm





LUNCH TRANSPORTATION PROGRAM

FUNDED BY OCTA

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@myagewelll.org**

For more info Please contact:
Lourdes Peraza
Nutrition Manager I 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: HARRAH'S CASINO TRIP

Thursday | October 1st | 7:45am - 5pm
$15 #9908

Join us for a day of play at Harrah's Casino on October 1, 2026. Please arrive to the Community Center at 7:45am. We have coordinated with Harrah's Casino to have their motorcoach depart the Community Center at 8:00am. We will be at the casino for five (5) hours of entertainment and play. The return trip estimated return time is 5:00pm. The motorcoach does have a restroom on board, and it is handicapped accessible. Food is available for purchase at the casino. Cost for this excursion will be $15.00 per person, and pre-registration is required. This trip is subject to cancellation if we do not have a minimum number of guests enrolled for this trip.



ACTIVE LIFESTYLE SOCIAL: HALLOWEEN HAUNT

Thursday | October 22nd | 5pm - 7:30pm
$10 #9637

Trick or Treat!! Let's scare up some fun! Join us for a night of food, friends, and frights at our Halloween Haunt Social! Enjoy delicious food, entertainment, and raffle drawings. Prizes for the best costumes will be handed out, so come dressed in your Halloween best! Pre-registration is required by October 15. Doors open at 5:00 pm at the Dana Point Community Center.
Dana Point Community Center, 34052 Del Obispo St.



ANNUAL THANKSGIVING LUNCHEON FOR SENIORS

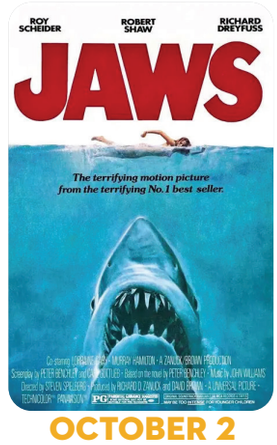
Saturday | November 21 | 11:30am-1:30pm #9640

Sponsored by Monarch Beach Sunrise Rotary and the City of Dana Point. FREE for seniors , the annual luncheon features delicious traditional Thanksgiving food and entertainment. This festive holiday event is held at the Dana Point Community Center, 34052 Del Obispo St.

Pre-registration opens September 1. Be sure to register **online or in person** at danapoint.org/community/recreation.

Active Lifestyle

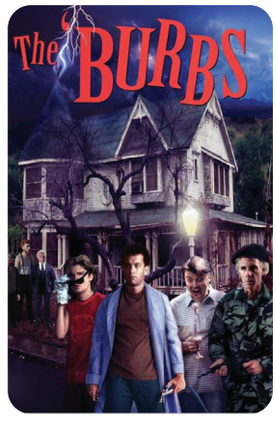
ACTIVE LIFESTYLE PRESENTS
FRIDAY FLICKS



OCTOBER 2
JAWS



OCTOBER 9
LITTLE SHOP OF HORRORS



OCTOBER 16
THE BURBS



OCTOBER 23
DEATH BECOMES HER



OCTOBER 30
GHOSTBUSTERS

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.

ACTIVE LIFESTYLE MEMBERSHIP CARDS

CHECKING IN HAS NEVER BEEN EASIER!

ACTIVE LIFESTYLE MEMBERSHIP PERKS INCLUDE:

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

JOIN NOW FOR FREE!



HOW IT WORKS

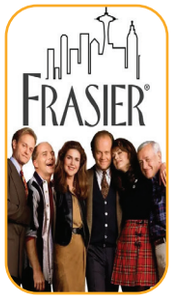
- Check in to your favorite activity by using a membership card or simply provide your name if you happen to forget your card.

* 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.
Frasier 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

OCTOBER 29TH
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 of Dana Point

CITY EVENTS



DIA DE LOS MUERTOS

La Plaza Park
Sunday, November 1
2:00pm-7:00pm

Join us for the City of Dana Point's Dia de los Muertos celebration. This traditional Mexican holiday will be celebrated in La Plaza Park with ofrendas, including the opportunity to create your own ofrenda, live bands, dancing, art, great food, beverages and more! This family-friendly event supports local non-profits. For more information, visit danapoint.org or call 949-248-3530.



VETERANS DAY SERVICE

Strands Vista Park
Wednesday, November 11
10:00am-11:00am

Presented by the Dana Point Veterans of Foreign Wars Post 9934, Ladies Auxiliary, and the City of Dana Point. This service recognizes all Veterans for their service and sacrifice for America. The event is held at Strands Vista Park, 34201 Selva Road. For more information, call (949) 248-1419 or visit www.vfwpost9934.org



SOROPTIMIST OF CAPISTRANO BAY CRAFT FAIR

Dana Point Community Center
Saturday, November 14
10:00am-3:00pm

Get a head start on your holiday shopping at this family-friendly event. Browse unique gifts from local artisans, discover handcrafted goods, festive finds, and so much more. The craft fair is held outdoors at the Dana Point Community Center. For more information, visit sicapistranobay.org.

CITY OF DANA POINT COMMUNITY SERVICES AND POLICE SERVICES PRESENT

HALLOWEEN SPOOKTACULAR

& TRUNK OR TREAT



OCTOBER 24, 2026

1:30PM TO 5PM

Dana Point Community Center
34052 Del Obispo

INDOOR: HAUNTED MAZE & ARCADE GAMES
OUTDOOR: TRUNK OR TREAT, DJ, CRAFTS, AND MORE
COSTUME CONTEST AT 3:00PM

City of Dana Point

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

FREE NOTARY SERVICE FOR SENIORS
Call to make an appointment
(949) 248-3501

REC LEADER OF THE QUARTER

BRODY WADDELL



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