



# MONTHLY NEWSLETTER

2



2

6



**MAY**

**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](http://www.danapoint.org)



## MAY LUNCH CALENDAR


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 - 60 YRS OR OLDER: \$5.50</b>  <b>COST - 59 YEARS OR YOUNGER: \$7.50</b>                      Reservations are required &amp; 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</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>BINGO</b> <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>BINGO</b> <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>BINGO</b> <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>BINGO</b> <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>BINGO</b> <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/TZATSIKI SAUCE</b>                      Greek Tomato Sauce                      Cantaloupe                      Milk <b>BINGO</b> <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>   <b>25</b></p>	<p><b>BEEF w/BEAN TACOS w/ TOMATILLO SLAW</b>                      Corn Salad                      Spanish Rice                      Tropical Fruit                      Milk <b>BINGO</b> <b>26</b></p>	<p><b>CHICKEN SHAWARMA</b>                      Mediterranean Salad                      Pita Bread                      Orange                      Pound Cake                      Milk <b>27</b></p>	<p><b>CITY SPONSORED LUNCH</b>                        Costco Pizza and Salad <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.

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.  
**May 18th 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/](https://myagewell.org/volunteer/)

Email – [dpc2@myagewell.org](mailto:dpc2@myagewell.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](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 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: NEWPORT DUFFY BOAT RIDE

Thursday | May 14th | 12:40pm-4pm  
\$25 #9633

Set sail with us on May 14th for a beautiful day on the water in Newport Beach! Enjoy a relaxing Duffy Boat Cruise through scenic Newport Harbor. Enjoy light snacks and beverages as you take in the stunning views and gentle breeze. Seating is limited, so pre-register to secure your spot! Meet at the Community Center at 12:40 pm, buses depart at 1:00 pm sharp! Dana Point Community Center, 34052 Del Obispo St.

**WAITLIST ONLY**



### 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.

Registration Opens  
May 6th

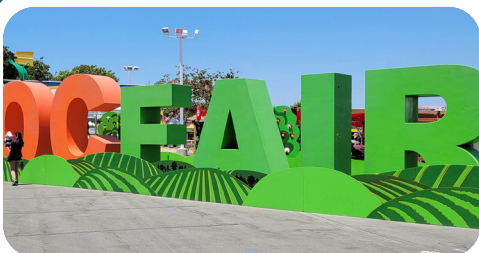


### ACTIVE LIFESTYLE SOCIAL: BEACH BASH

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.

Registration Opens  
May 6th



### 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.

Registration Opens  
May 6th

## ACTIVE LIFESTYLE PRESENTS FRIDAY FLICKS



**MAY 1  
MATILDA**



**MAY 8  
DRIVING  
MISS DAISY**



**MAY 15  
THE IRISHMAN**



**MAY 22  
STRIPES**



**MAY 29  
CARRY-ON**

**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
- 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.

## FREE HEARING AID CLEANING

Brought to us by:  HearUSA

**DATE: THURSDAY, MAY 28**

**TIME: 10:30AM-11:30AM**

**WHERE: DANA POINT COMMUNITY CENTER RM C**

For more information regarding Hear USA, you can call 949-388-5703 or visit their website at [www.hearusa.com](http://www.hearusa.com).



### WHAT'S THAT YOU SAY?

No Appointments Needed  
Walk-Ins Welcome  
Just Show Up!

# 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.

*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 by calling Age Well at 949-496-4252.

## CITY SPONSORED LUNCH

11:30am or 1:15pm lunch times



**MAY 28TH**

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



### REDO VINTAGE & MAKER'S MARKET

Sunday, May 3  
9:00am-5:00pm  
Del Prado Ave

Stroll and explore a curated collection of unique arts, crafts, and vintage goods. Featuring local and So Cal vendors selling clothing, accessories, home decor, surf boards, and more. Beer gardens, music, and fine food trucks will make it a day for all to enjoy. For more information, visit [redomarket.com](http://redomarket.com).



### MEMORIAL DAY SERVICE

Monday, May 25  
10:00am-11:00am  
Pines Park

Attendees will have the opportunity to honor loved ones and friends who served our country by placing flowers on the memorial. A special presentation of the Marine Corps traditional Empty Boots ceremony will be held. For more information visit [vfwpost9934.org](http://vfwpost9934.org), or call 949-248-1419. Presented by Dana Point Veterans of Foreign Wars Post 9934 and the City of Dana Point. Join us in honoring our fallen Veterans at Pines Park, 34941 Camino Capistrano.



### 3RD ANNUAL DANA POINT CITYWIDE SCAVENGER HUNT

June 1-June 30  
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](http://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)

## 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

MARTIN  
JOSEPH



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