MONTHLY NEWSLETTER 2026



NOVEMBER

CITY OF DANA POINT & AGE WELL SERVICES

TABLE OF CONTENTS

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

NOVEMBER LUNCH CALENDAR

South Orange County

Age Well
Orange County's partner in aging

November 2026 Menu

SERVING TIMES: 11:30 AM – 12:30 PM

CHRIS HERNANDEZ RDN

Age Well is a nonprofit organization. Your voluntary contributions are appreciated, and your support provides meals to our community. Voluntary contributions are not required for service. There is no obligation to contribute. All contributions are confidential. No one eligible is turned away for inability to pay.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BUFFALO CHICKEN SUB Tex Mex Soup Orange Juice Milk 2	CHICKEN SHAWARMA Cauliflower Soup Pita Orange Juice Milk BINGO 3	BEEF CHILI Coleslaw Roasted Potatoes Whole Wheat Roll Orange Milk 4	CILANTRO LIME CHICKEN Honey Dijon Salad Cilantro Lime Rice Orange Milk BINGO 5	MEATLOAF Mashed Potato Carrots & Peas Whole Wheat Roll Orange Juice Milk 6
BEEF w/BLACK BEAN TACOS Tex Mex Soup Tortilla Orange Juice Milk 9	HONEY DIJON CHICKEN SUB SANDWICH Split Pea Soup Orange Milk BINGO 10	CLOSED IN HONOR OF OUR VETERANS 11	CHICKEN CACCIATORE Creamed Spinach Whole Wheat Penne Orange Milk BINGO 12	CHICKEN TARRAGON SANDWICH Tomato Basil Soup Orange Milk 13
SESAME CHICKEN Edamame Slaw Ginger Brown Rice Orange Juice Milk 16	TURKEY CHILI Mashed Potato Carrot Raisin Slaw Wheat Roll Orange Juice Milk BINGO 17	TUSCAN SALMON Cauliflower Soup Whole Wheat Pasta Orange Milk 18	CITY SPONSORED LUNCH 11:30 & 1:15 BEACH HUT DELI Turkey Sandwich BINGO 19	CHEESEBURGER SLIDER Coleslaw Orange Milk 20
CHICKEN BANH MI SUB Ginger Carrot Soup Orange Juice Milk 23	BEEF MEATBALL STROGANOFF Rainbow Salad Whole Wheat Penne Orange Juice Milk BINGO 24	ROASTED TURKEY Garlic Mashed Potato Brown Gravy; Cranberry Sauce Corn Bread Stuffing Carrots & Peas Pumpkin Pie & Orange Juice 25	CLOSED Happy Thanksgiving 26	CLOSED Give Thanks 27
CREAMY LEMON CHICKEN Rainbow Salad Penne Pasta Orange 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 busines days in prior to reservation date.

You can RSVP in person at _DPCC__ 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

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.
November 23rd from 8:30am– 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 SOCIALS & EXCURSIONS

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



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.



STOCKING STUFFERS BREAKFAST WITH SANTA

Friday | December 11 | 9am-10:30am

Become a sponsored senior for our Senior Stocking Stuffers and join us for our Breakfast with Santa at the Dana Point Community Center on December 11th from 9:00am - 10:30am.
Breakfast will be served at 9:00am followed by gift handouts. This is a **FREE** event for those sponsored.

Ask at the front desk for a participation form.

Register no later than November 16th.



CANDY CANE CASINO NIGHT SOCIAL

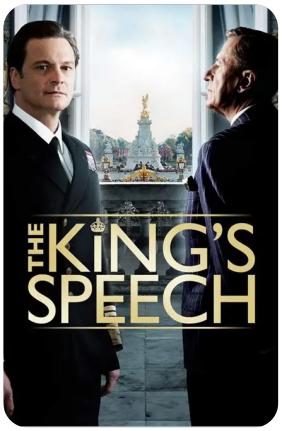
Friday | December 18 | 5pm-8pm
$20 | #9642

Join us for a joyful holiday Social and Casino-themed night filled with seasonal cheer and musical merriment at the Dana Point Community Center. This event will be on Friday, December 18 from 5:00pm to 8:00pm. Celebrate the holiday season with an extended evening and take a chance at fun casino games. A DJ will provide music to dance the night away. Dress in your best holiday attire and take advantage of showing your festive side to closeout the 2026 year. Be sure to register online or in-person at the Dana Point Community Center by December 14, no drop-in registration on the evening of the event.
Dana Point Community Center, 34052 Del Obispo St.

ACTIVE LIFESTYLE PRESENTS
FRIDAY FLICKS



NOVEMBER 6
9 TO 5



NOVEMBER 13
THE KING'S SPEECH



NOVEMBER 20
THE OTHER GUYS

HOLIDAY

NO

MOVIE

NOVEMBER 27
NO MOVIE

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

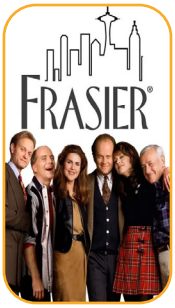
- Check in to your favorite activity by using a membership card or simply provide your name if you happen to forget your card.

* 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

NOVEMBER 19TH
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



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.



ORGANIC MARKET "Gratitude Market"

Thursday, November 19 | 4pm - 8pm | Prado Square

The Ecology Center, in partnership with the City of Dana Point and Prado Square, invites you to a modern-day farmers market celebrating ecological producers and makers at Amber Lantern and Prado Square!



SANTA'S JOLLY TROLLEY

Saturday, December 5 | 1:30pm-5:30pm | Dana Point Parks

Santa and his Recreation Division elves will travel through Dana Point on Santa's Jolly Trolley, stopping at local parks to hand out pre-packaged treats to children ages 12 and under and collect letters to Santa. Be sure to include your mailing address for a special reply! The day concludes at La Plaza Park, with the annual Tree Lighting Ceremony featuring carolers, hot chocolate, cookies, and a toy drive.

JOLLY TROLLEY SCHEDULE

1:30 -2:00pm | Sunset Park, 34345 Calle Naranja
2:30-3:00pm |Dana Woods Park, 24900 Dana Woods
3:30-4:00pm | Sea Canyon Park, 33093 Santiago Drive
4:30-5:30pm | La Plaza Park, 34111 La Plaza



LA PLAZA PARK TREE LIGHTING

Saturday, December 5 | 4:30pm-5:30pm | La Plaza Park

Join the Dana Point community for the annual La Plaza Park Tree Lighting Ceremony. Santa and his elves will arrive on the final stop of Santa's Jolly Trolley, bringing pre-packaged treats for children ages 12 and under. Enjoy holiday carolers, hot chocolate, cookies, and festive fun as we celebrate the season together. Guests are encouraged to bring an unwrapped toy to support the Holiday Toy Drive. Tree Lighting Ceremony: 5:15 pm sharp
For more information, visit danapoint.org or call (949) 248-3530.



PINES PARK TREE LIGHTING

Monday, December 7 | 4:30pm - 5:30pm | Pines Park

Celebrate the holiday season at the annual Pines Park Tree Lighting. Santa and his elves will arrive aboard Santa's Jolly Trolley with pre-packaged treats for children ages 12 and under. Enjoy carolers, hot chocolate, cookies, and festive holiday fun before the Tree Lighting Ceremony at 5:15 pm. Guests are encouraged to bring an unwrapped toy to support the Holiday Toy Drive. For more information, visit danapoint.org or call (949) 248-3530.

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

CHRYSTAL GOMEZ



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