

VILLAGE BREEZE

NOVEMBER/DECEMBER 2025



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At MemorialCare Saddleback Medical Center, we understand that as life changes, so do your health needs. That's why we're here to provide expert, personalized care and advanced treatments. Whether it's managing a chronic condition, preventative care or a new health challenge, our team is dedicated to helping you live your healthiest life.

The Wellness Bus Route provides free bus access from Laguna Woods Village to Saddleback Medical Center, the Women's Health Pavilion and MemorialCare Medical Group 55 Plus.





A BODY IN MOTION

For 25 years, I've jogged a dirt trail a half mile from home. Along the way, I've finished four marathons, three half marathons, six triathlons and three long-distance bike rides. Over the years, endurance exercise has done as much for my mental health as my physical health.

Doctors now recognize that exercise is medicine. Our activities may change as we age, but what matters most is staying in motion.

"Motion is the lotion," physical therapists like to say—a phrase you'll read in Kim Campbell Thornton's "Help for Aching Joints." As someone who babies her joints with soft-soled shoes, patella knee braces and ankle-strengthening exercises, I found Kim's article encouraging, full of hope and packed with practical ways to keep moving.

Whether it's pickleball, golf, swimming, biking, ballroom dancing or walking, movement keeps joints flexible and spirits high. And the Village offers them all.

These sports can be addictive in a healthy way. Ellyce Rothrock's article dives into the Village's

racquet sports scene, whether you're a seasoned tennis player or a new pickleball convert.

And speaking of motion, Debbie Dotson's "Fulfill Your Travel Dreams" reminded me it's never too late to take that trip you've always envisioned. The Village's first Unity Festival also celebrated motion of another kind—the blending of cultures that makes this community so vibrant.

Time, too, never stands still. And while there are moments we'd love to freeze, moving forward has a way of bringing even better ones.

Have you found love in the Village or are you a multi-generational resident? We would love to learn about your stories. Please email us by Monday, November 17, at info@lagunawoodsvillage.com for a chance to be featured in upcoming articles on these topics.

Susan

**Susan Logan-McCracken,
Managing Editor**



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VILLAGE BREEZE

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CEO: Siobhan Foster

EDITOR: Ellyce Rothrock | Ellyce.Rothrock@vmsinc.org

MANAGING EDITOR: Susan Logan-McCracken
Susan.Logan-McCracken@vmsinc.org

ASSOCIATE EDITOR: Jennings Lai Jennings Lai
Jennings.Lai@vmsinc.org

VICE PRESIDENT, MEDIA SERVICES 55,
SALES & MARKETING: Jon Noell

BOARD PRESIDENTS: Alison Bok, GRF Board of Directors President; Robert Mutchnick, Third Laguna Hills Mutual Board of Directors President; Charles Prater, United Laguna Woods Mutual Board of Directors President; Earl Adamy, Mutual No. Fifty Board of Directors President

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 Village Management Services, Inc.

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of Laguna Woods Village

in every issue

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WHAT'S UP IN THE VILLAGE

NEW VILLAGE TELEVISION APP BARCODE

Stay connected to your community with real-time access to Village Television directly from your smart TV or mobile device. Wherever you are, you can live stream local news, governance meetings, community updates, music and more. You can find the Village Television app at the App Store and Google Play, or scan the above barcode.

To watch all your favorite local programs when you want and where you want, visit the Village Television YouTube channel at youtube.com/@VillageTelevision.

For more information, contact Village Television at Village.Television@vmsinc.org.



HELP KEEP OUR WATERWAYS CLEAN



Did you know that Laguna Woods is home to three of Orange County's major watersheds? Aliso Creek, Laguna Coastal Streams and Newport Bay all play a vital role in channeling rainwater through local creeks and parks before it flows into the Pacific Ocean.

As water flows through these natural channels, it can carry pollutants such as trash, pet waste and pesticides that can harm wildlife, drinking water and coastal ecosystems. What we do here in the Village creates ripple effects that reach far beyond our community.

Here's how you can help protect our watersheds:

- Always dispose of pet waste in covered bins, especially before it rains.
- Wash your car at a commercial car wash to prevent runoff into storm drains.
- Use pesticides sparingly and never before a forecasted rain event.
- Keep trash secured in covered containers. Need a replacement? Call CR&R at **949-625-6735**.

Visit h2oc.org to explore watershed maps, videos and local conservation tips. By taking small steps, we can make a big difference right here at home.



SOUND ADVICE

The Foundation of Laguna Woods Village has received a \$50,000 grant from the Samueli Foundation's Breakaway Fund to help residents with the cost of hearing aids. This support furthers the Foundation's mission of neighbors helping neighbors and makes it possible for more residents to stay connected and enjoy Village life.

Residents who may qualify can call Laguna Woods Social Services at **949-597-4267** to

schedule a confidential appointment to review eligibility and insurance. Financial assistance may be provided with or to supplement insurance.

For more information, contact Social Services at **949-597-4267** or the Foundation at **949-268-2246** or **foundationlwv@gmail.com**.

Untreated hearing loss can lead to isolation, depression and a higher risk of dementia. Hearing well means living well.

Share Your Feedback Anytime

The Village's ongoing resident survey is quick, anonymous, mobile friendly and available in multiple languages. Rate service experiences, share impressions and suggest improvements year-round.

Click the purple **"Contact Us"** button at **lagunawoodsvillage.com** and select **"Resident survey."**

For general feedback only. Do not use for emergencies or urgent issues.





WHAT'S UP IN THE VILLAGE

Report Coyote Sightings and Hazards to the Proper Hotline

Residents are reminded to report coyote encounters and concerns to the appropriate agency.

For sightings involving aggressive behavior, knowledge of an attack, active wildlife feeding or dogs off leash or on leashes longer than six feet, contact **Laguna Beach Animal Services** at **949-497-**

0701 (press 0) or **coyotes@lagunabeachcity.net**.

For nonemergency concerns, such as pet food or water bowls left outside, fallen fruit, bird seed on the ground or overgrown vegetation that could provide habitat, call the nonemergency coyote hotline at **949-639-0501** or email **code@**



cityoflagunawoods.org.

If you or someone else is in immediate danger, call **9-1-1**.

SCE ALERTS AND OUTAGE MAP ARE VALUABLE TOOLS



Planned and unplanned power outages can happen at any time. That is why VMS strongly recommends that all Village residents—especially those who depend on electricity to power medical equipment—register and visit the Southern California Edison (SCE) outages page to receive alerts and updates at **sce.com/outages-safety**.

HOW OUTAGES AFFECT THE VILLAGE

Please note that power outages may cause unexpected closures of pools, clubhouses and amenities.

SIGNING UP FOR OUTAGE ALERTS

- Residents can log in to their SCE account and enroll to receive outage alerts via email at **sce.com/my-account**.
- To enroll, those new to the SCE website can visit **sce.com/outage-center/outage-alerts**.
- To view current outage updates, visit the SCE Outage Center map and enter your address or zip code at **sce.com/outages-safety/outage-**

center/check-outage-status.

- Check the status of a scheduled maintenance outage at **sce.com/outages-safety/outage-preparedness/outage-types/maintenance-outage**.
- Learn how to prepare for a power outage at **sce.com/outages-safety/outage-preparedness**.
- Per SCE's mandate, residents should address all questions and concerns regarding the company's work directly to the utility company. Visit **sce.com** or call SCE Customer Service at **800-655-4555**.

MEDICAL BASELINE ALLOWANCE PROGRAM

Through its Medical Baseline Allowance program, SCE automatically contacts participants in the event of a stage 3 emergency rotating outage and provides those enrolled with an additional 16.5 kWh of electricity per day.

- To apply for the Medical Baseline Allowance program, visit **sce.com/save-money/rebates-financial-assistance/bill-assistance-programs/medical-baseline-allowance**.

DON'T CANCEL WEST COAST INTERNET YET

Some residents have asked if it's safe to cancel West Coast Internet after Ting installs fiber in their manors. Please do not cancel your West Coast Internet service at this time.

While Ting continues building and testing the new fiber network, residents may still need their existing West Coast Internet connection to maintain service.

Once the entire system is fully validated and approved, which is expected to take about one year, residents will be notified that it's safe to discontinue West Coast Internet.

Updates will be shared as the rollout progresses.



Medicare Questions?

We've got answers.

If you have questions about Medicare and aren't sure which plan is right for you, we're here to help you learn about your options. Our Medicare specialist can help you navigate Medicare Advantage plans, Original Medicare, prescription drug plans and Medigap plans, and even assist you with finding a MemorialCare doctor.



Call (714) 640-7158 or scan the QR code to email our Medicare specialist.

FULFILL YOUR **TRAVEL DREAMS**

Now is your time to shine and embrace adventure.

Article and photos by Debbie Dotson



**Banff National Park's Lake
Louise in Alberta, Canada**

There's something magical that happens when you reach your 50s and beyond. You start caring less about what others think and more about what truly matters to you. If travel has been calling your name, whether it's a whisper or a full-throated shout, there's no better time to answer that call.

As a mature person, you bring unique strengths to travel that younger adventurers often lack: life experience, patience, financial stability and, most importantly, the wisdom to know what you actually enjoy rather than what you think you should enjoy.

OVERCOME THE FEAR FACTOR

Let's be honest, fear is often the biggest barrier between you and your travel dreams. These concerns are completely normal and acknowledging them is the first step toward conquering them. My motto: Replace the fear with fun!

"What if something goes wrong?" Things sometimes do go wrong when you travel, regardless of your age. Flight delays happen, weather changes plans and technology fails. But here's what you've gained over the decades: problem-solving skills. You've navigated workplace challenges, raised families, managed households and handled countless unexpected situations. A missed connection in Paris? You've got this.

"Is it safe for a woman my age to travel alone?" Safety is a valid concern, but it shouldn't be a prison. Research destinations thoroughly, choose reputable accommodations and trust your



Enjoying a delicious Hugo Spritz at Pasticceria Giovannini pastry shop in Montecatini Terme, a historic spa town in Tuscany, Italy

instincts. Those finely tuned intuition skills you've developed over the years are your best travel companion. Many destinations are incredibly welcoming to solo female travelers, and you'll often find that locals are especially helpful and protective of mature women traveling alone.

"Will I fit in?" Most people are too busy living their own lives to judge yours. And those who do? Their opinions don't pay your bills or add joy to your days. You've earned the right to take up space in this world, including in foreign countries and new experiences.

BUILD YOUR TRAVEL CONFIDENCE

Confidence grows with action, not contemplation. Start building

your travel muscles with these practical steps.

Begin close to home.

Take a weekend trip to a city within driving distance. Stay in a charming hotel, explore museums, try new restaurants. Notice how capable you are of navigating unfamiliar places and making decisions on the fly. Laguna Beach is next door, and Temecula and Palm Springs are easy drives.

Master the basics. Learn to use travel apps like Google Translate, Maps and various other options. Practice booking accommodations online. Technology might feel overwhelming at first, but most travel apps are designed to be user-friendly and knowing how

to use them will boost your confidence tremendously.

Connect with other travelers.

Join online communities for mature travelers. For women in particular, Facebook groups, travel forums and local travel clubs are goldmines of encouragement, practical advice and sometimes even travel companions. Hearing stories from women who've taken that leap can be incredibly inspiring. For me, these groups were differentiators and still help me consistently.

Trust your preferences. You don't have to backpack through hostels or climb mountains if that doesn't appeal to you. Comfort travel is completely valid. Enjoy those nice hotels, guided tours and restaurants with actual chairs instead of floor cushions. This is your journey.

SPARK YOUR WANDERLUST

Consider destinations like Portugal, New Zealand or

Ready to take the leap? Start with one small step today. Research one destination that interests you, join one travel group online, or locally, or book one night at a local hotel just for the joy of it. Your future traveling self will thank you.

Croatia known for their safety, excellent infrastructure and welcoming attitudes toward visitors. These places offer rich cultural experiences without overwhelming challenges.

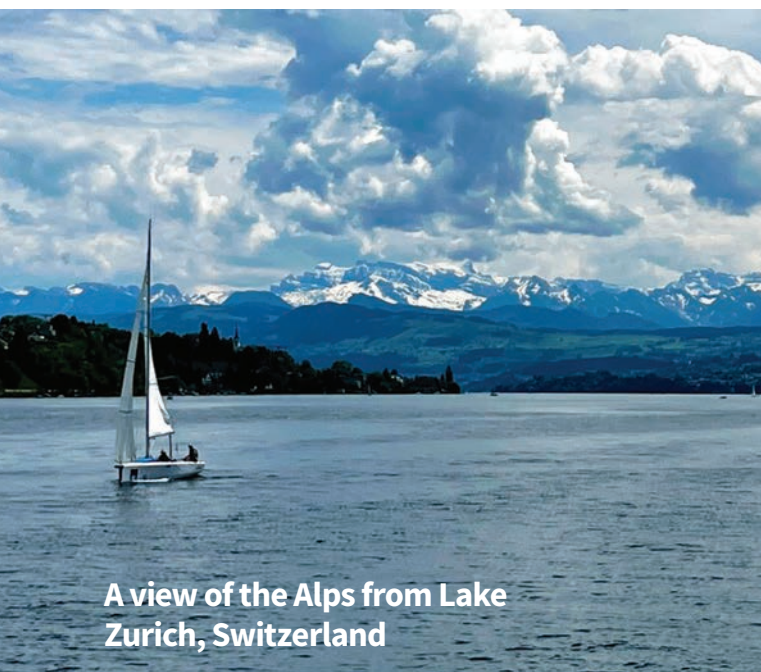
River cruises are perfect for seeing multiple destinations without the hassle of constant packing and unpacking, many cater specifically to mature travelers and offer enriching lectures, comfortable accommodations and built-in social opportunities. Personally, my Rhine River cruise is still one of my highlight trips.

Combine travel with self-care.

Wellness spas in Costa Rica, yoga retreats in Bali or meditation centers in India can provide both adventure and rejuvenation.

Take a cooking class in Tuscany, learn photography in Iceland or study art history in Florence. These trips combine travel with personal growth and often attract like-minded mature travelers. My recent trip to Italy included that cooking class and it did not disappoint.

Organizations like Road Scholar, Overseas Adventure Travel and boutique tours often specialize in educational travel for mature adults and solo travelers. You'll



A view of the Alps from Lake Zurich, Switzerland



Europe's largest waterfall by volume is Rhine Falls, pictured behind the author, in Switzerland.



Ponte Vecchio, the oldest stone bridge in Florence, is famous for its jewelry shops and goldsmiths.

have the security of group travel with the benefit of expert guides and fellow travelers who share your interests. A trusted travel advisor can help you find the tour that best suits you.

Take your time. Instead of cramming 12 cities into two weeks, spend a month in one place. Rent an apartment in Prague, take daily walks, shop at local markets and truly live like a local. This approach reduces stress and increases genuine cultural connection.

THE TIME IS NOW

Your 50s, 60s and beyond aren't the consolation prize of life. They're often the best chapters. You have perspective, resources

and freedom that your younger self could only dream of. Your responsibility levels have lessened, career pressure has likely eased or is gone now, and you finally have the luxury of putting yourself first.

Every day you postpone that trip is a day you can't get back. The pyramids aren't getting any younger, and sadly neither are we. However, unlike ancient monuments, you're getting wiser, more interesting and more deserving of amazing experiences. Life is short, so take the trip.

Debbie Dotson champions ageless adventure as a travel content creator specializing in

mature solo travel, particularly for women over 50 ready to explore the world on their own terms. She is the host of "Senior Travel Adventures" and "Let's Talk Tech with Debbie," both airing monthly on Village Television and @seniortraveladventures on YouTube.

RESOURCES

Overseas Travel Adventure
oattravel.com

Road Scholar
roadscholar.org

Senior Travel Adventures
[youtube.com/
@seniortraveladventures](http://youtube.com/@seniortraveladventures)

HELP

for

Aching joints

Pain therapies and treatments have come a long way in recent years.

By Kim Campbell Thornton

Whoever said getting old isn't for sissies wasn't kidding, especially when it comes to osteoarthritis (OA). This painful joint condition typically affects people age 50 and older and can develop from joint injuries—such as a broken wrist from a fall—years of wear and tear, excess weight that strains joints and muscle weakness. These and other factors often combine over time to cause OA.

Most people get some level of arthritis as they age. Recognizing it early is key to managing it and staying comfortable. The good news is that in early stages joint pain can be managed or prevented with activity, strength exercises, weight loss, yoga, Pilates, physical therapy and other nonsurgical treatments.

When pain becomes severe, medication and joint replacement surgery are available. The latest anesthetic, surgical and post-surgery pain relief approaches have made hip-, knee- and shoulder-replacement surgery more streamlined, with patients regaining mobility more rapidly.

At MemorialCare Saddleback Joint Replacement Center, programs for community residents and preoperative patients cover healthy lifestyle choices, how and when to make the decision about surgery, and what to expect before and after. Two doctors and an orthopedic nurse/patient navigator weigh in on managing joint pain, deciding when it's time for surgery and ensuring the best recovery.

KEEPING ACTIVE

"Motion is the lotion" is a common phrase among physical therapists. Whether it's pickleball, golf, swimming, bicycling, ballroom dancing or walking, activity is essential to keep joints moving and reduce stiffness, both components of preventing and managing joint pain.

"If you're having joint pain, your body will thank you if you are more active," said Sharoun Porat, M.D., who specializes in orthopedic surgery.

But playing sports or going for daily walks isn't enough. Strength training and balance are important elements of keeping active. Lifting weights and body-weight exercises strengthen the muscles around the joints, which studies show helps to improve joint pain. Balance exercises help strengthen small muscles around the knees and ankles and help prevent falls.

"We want people strength-training, we want people working on weightlifting as much as possible," Dr. Porat said. "If that's not possible, you get into a yoga or Pilates program. All of those things have been shown to decrease joint pain and really delay the need for surgery. And once people eventually do have surgery, the outcomes are much better."





Physical therapy exercises are the cornerstone of rehabilitation and vital to maintaining mobility and preventing scar tissue from developing.

WEIGHT LOSS

Multiple studies have shown that weight loss is helpful for decreasing joint pain, especially in hips and knees. In 2023, the obesity rate in the U.S. decreased for the first time in a decade, and that may be linked to the advent of injectable weight loss medications such as Ozempic and Wegovy. Those drugs aren't recommended specifically for joint pain and no studies have yet been done to determine whether people who use them have decreased joint pain, but "... it makes sense to extrapolate that if you lose weight using these medications, you can expect to have some benefit," Porat said.

PHYSICAL THERAPY

Doctors often recommend physical therapy before advising surgery. Physical therapy generally encompasses strength training and manual therapies to break up adhesions and scar tissue. Physical therapists know how to move joints in a way that's safe, improving outcomes and reducing the risk of injury.

PAIN RELIEF MEDS

No medications are available to stop OA in its tracks, but Tylenol, anti-inflammatory medications, acupuncture and various types of injections may all offer some relief to individuals. The goal is to preserve what function your joints have and keep you as active and mobile as possible for as long as possible before surgery becomes needed.

Tylenol contains acetaminophen and helps relieve mild to moderate pain, but it's not an anti-inflammatory drug. It can also cause severe liver damage if overused. Nonsteroidal anti-inflammatory drugs (NSAIDs) such as ibuprofen and naproxen can be beneficial over the short term for injuries or inflammation, but frequent or heavy use can cause bleeding ulcers or stomach upset. Prescription medications are also available to aid arthritis pain.

Steroid injections can offer good short-term relief, Porat said.

COMPLEMENTARY AND EXPERIMENTAL THERAPIES

Hyaluronic acid or gel injections

have been shown to give six months to a year of relief. Injections of platelet-rich plasma and stem cells fall more into experimental categories. You can discuss the effectiveness of these therapies with your doctor.

When it comes to acupuncture, Porat recalled from his experience that some patients with arthritic pain have benefited from it. It's one of those treatments that might help and can't hurt. "If people want to try it, I think it's worthwhile to pursue it."

Results from all of these therapies vary by individual and generally provide only temporary relief. The trick is finding the one that works for you.

WHEN TO CONSIDER SURGERY

When your joint has degenerated to the point that nonsurgical care is no longer helpful and you can no longer participate in daily activities, it's time to consider joint replacement surgery. That's done primarily for hips and knees, occasionally for shoulders or ankles.

The timing of the decision is different for everyone.

"It's when day-to-day life is becoming more and more difficult," said Daniel Duggan, D.O., who specializes in orthopedic surgery. "You're unable to do the things you would normally do, or you stop doing them because you're having such a problem with it."

MemorialCare offers regular community seminars on joint care, treatment options and replacement. Ildiko Vitez, R.N., joint replacement, orthopedic

and spine patient navigator, said to consider satisfaction with current quality of life and mobility, expectations of surgery and general health status.

During seminars, she discusses what it takes to prepare for surgery and what's required for a successful recovery. Topics range from the importance of exercises for preoperative patients, how to prepare your home for when you return after surgery, stopping smoking, preventing the constipation side effects of narcotic pain medication, what to expect from pre-admission to pre-op to the operating room and recovery. Four videos address such skills as getting on and off the bed, using steps, getting in and out of a car, and sitting down and standing up from a chair. For presurgical patients, spouses or caregivers also may be required to attend so they know how to help.

"We provide these videos to the patients so they can practice these skills at home before surgery," Vitez said. "We also talk about what the case manager will provide, the walker and equipment that is useful but not necessarily covered by insurance, such as the toilet seat riser."

What's most important to know, she said, is that there's no single decision or solution that's right for everyone. Gather as much information as possible beforehand. That will help you feel in control of the process.

"My role is to give patients the power to choose and the information to make a good choice," she said.

WHAT TO EXPECT

As far as surgery itself, the No. 1 thing to know is that this isn't your father's joint replacement surgery. Much has changed.

"Joint surgeries require patients to be in a very active rehabilitation mode," Vitez said. That means you're going to be up and walking with a walker not long after surgery and usually sent home the same day. Expect to be in and out of the hospital in a span of 12 hours. A nurse or

The No. 1 thing to know is that this isn't your father's joint replacement surgery. Much has changed.

physical therapist comes to your home to guide your recovery.

That's all possible because of advances in surgical and anesthesia techniques. Incisions tend to be smaller. Robotics and computer navigation aid in precision placement of the joint. Nerve blocks numb the joint so that patients feel little pain immediately after surgery. Multimodal pain management makes use of multiple classes of analgesics that work on different pain pathways, reducing reliance on narcotics.

That doesn't mean, however, that recovery is rapid. It will still take six to nine months before you regain full mobility and strength. And that's only if you are serious about doing your physical therapy exercises. They are the cornerstone of rehabilitation.

"Physical therapy is very

important afterward to keep that joint moving to prevent it from freezing up or scar tissue developing," Dr. Duggan said. "It's the determining factor in joint mobility outcomes."

The big question many people have is when can they resume driving. That depends on whether a hip or knee has been replaced and how the patient is doing. Usually, surgeons release patients to drive two to four weeks after the procedure.

Follow-up is an important part of recovery. Vitez continues communicating with patients by email, asking about swelling, pain relief and home health care. If patients need more in-depth counseling, she may speak to them by phone or make calls to physicians as needed.

A joint replacement isn't easy to get through, but Duggan says the pre-op classes and post-op follow-up provided at MemorialCare streamline the process for patients and ensure that they know what to expect and that they're not alone.

"They have someone helping them all the way through from scheduling to pre-op to getting through recovery," he said. "The patients like it, and it gives them more information and the best chance possible to have an excellent outcome."



VILLAGE-STYLE GAME, SET, MATCH!

From the pop of a pickleball to the swish of a table-tennis rally, racquet sports are alive with energy and friendly competition.

By Ellyce Rothrock



PICKLEBALL AT A GLANCE

- **Location:** Outdoor courts at Village Greens (Gate 12) and indoor courts near the Clubhouse 1 fitness center
- **Hours:** Daily, 6 a.m. to 10 p.m. outdoors; various scheduled indoor hours
- **Club website:** lagunawoodspickleball.com
- **Drop-in times:** Pickleball priority Monday/Wednesday/Friday 7 a.m. to noon; second and fourth Saturdays 7 a.m. to noon

Whether you're a lifelong tennis player, a recent pickleball convert or just looking for a fun way to stay active, Laguna Woods Village offers a court (and a community) for you. Residents can choose among pickleball, paddle tennis, tennis and table tennis, and are free to drop in and play on their own or take it a step further by joining one of the Village's racquet

sport clubs, which add lessons, tournaments and social events to the mix.

And here's the best part—you don't have to be an expert to join in. Each sport has a resident club that welcomes newcomers, organizes lessons and clinics, and hosts tournaments and socials. All you need is curiosity, sneakers and maybe a little competitive spirit.

PICKLEBALL: THE VILLAGE'S FASTEST-GROWING HIT

Pickleball may be America's fastest-growing sport that can be played at any age and level, but Village residents have been ahead of the trend for years. Played with a paddle and a whiffle-like ball, it's equal parts tennis, badminton and table tennis. The seven courts are constantly packed with laughter, the pop-pop-pop of rallies and players cheering each other on.

The Pickleball Club is one of the Village's largest, with more than 600 members who organize tournaments, socials

and newcomer sessions. The club offers introductory classes, structured play, challenges and a warm, welcoming environment for all skill levels.

Pickleball is social, easy to learn and quick to play. Games are short and the courts are small, making it ideal for players of all ages. All you need to get started is a pair of court shoes; the club provides the rest. Before long, you'll be playing with your kids, grandkids, neighbors and new friends. Whether you're just learning to dink or ready for competitive play, you'll find a partner here.

PADDLE TENNIS AT A GLANCE

- **Location:** Village Greens (Gate 12)
- **Hours:** Courts open daily 6 a.m. to 10 p.m.
- **Club website:** lagunawoodsvillage.com/paddle-tennis-club
- **Drop-in times:** Tuesday/Thursday 7:30 a.m. to noon; first and third Saturdays 7:30 a.m. to noon
- Free lessons offered

PADDLE TENNIS: OLD-SCHOOL COOL WITH A SOCIAL TWIST

Think of paddle tennis as pickleball's older cousin; it's played on the same courts with a lower net, slightly different scoring and a tradition that goes back decades. It's less about power and more about placement, which makes it a great lifelong sport.

The Paddle Tennis Club keeps things lively with lessons, round-robin play and monthly BBQ or pizza luncheons. For many players, the post-match social is just as important as the game itself.





TENNIS AT A GLANCE

- **Location:** Clubhouse 7, 24111 Moulton Parkway
- **Hours:** Daily, 7 a.m. to 10 p.m.
- **Reservations:** Courts 8-10 via CourtReserve app
- **Club website:** lagunawoodsvillage.com/tennis-club



TENNIS: TRADITION MEETS TOP-NOTCH FACILITIES

For purists who love the crack of a fuzzy yellow ball against strings, the Village's 10-court tennis complex is a dream. With five lighted courts and a dedicated clubhouse complete with patio and kitchen, it's the perfect place to rally with friends or meet fellow enthusiasts.

The Tennis Club adds an extra layer of fun, with tournaments, barbecues, dinners and socials. Whether you're sharpening your backhand or just looking for doubles partners, there's always a match waiting.

TABLE TENNIS: FAST, FUN AND INDOORS

If you like your rallies lightning-quick, the Community Center's third floor is where you'll want to be. With 12 tables (plus three practice robots), the Village's table tennis facility is considered one of the best in Southern California.

The Table Tennis Club sponsors four tournaments a year, offers coaching for all skill levels and hosts social events ranging from banquets to picnics. Whether you're a casual paddler or chasing championship-level play, you'll find your rhythm here.

GET IN THE GAME

Laguna Woods Village makes it easy to try something new, sharpen old skills or just meet new friends while working up a sweat. Courts are available to all residents, no membership required. But if you want to dive

deeper and compete, learn or socialize, the Village's racquet sport clubs are ready to welcome

you. There's never been a better time to pick up a paddle or racquet and join the fun!



TABLE TENNIS AT A GLANCE

- **Location:** Community Center, 24351 El Toro Road
- **Hours:** Monday through Friday 8 a.m. to 9 p.m.; Saturday and Sunday noon to 5 p.m.
- **Club website:** lagunawoodsvillage.com/table-tennis-club
- **Newcomer programs:** Orientation Tuesday/Thursday 10 a.m.; Newcomers Group Wednesday 10:30 a.m.



A GREAT TIME HAD BY ALL

First annual Village
Unity Festival debuts.

CULTURAL BOOTHS

- African American Heritage Club
- Chinese American Club
- Community Bridge Builders
- Daughters of The British Empire
- Hispanic Heritage Club
- Hula and Aloha with Kaleilaniakeali'i
- India Club
- Laguna International Dancers
- Laguna Woods Taiwanese Club
- Korean American Association

An estimated 800 residents and guests gathered at Clubhouse 2 on September 30 for the Village's first annual Unity Festival, a sold-out event that celebrated the diverse cultures and backgrounds that make up the community. Nine cultural booths showcased traditions, art and cuisine, while 10 cultural performances featured live music, dance and storytelling.

Combined sponsorships and donations exceeded projections and contributed to the event's success. Attendees and vendors praised the event's diversity, atmosphere and organization, directing credit to the staff involved, including the Department of Recreation and Special Events, Department of Landscaping Services, Department of Security Services, Village Television, Central Services, Communications Division and Office of the CEO.

Watch the event video at bit.ly/4nTr7eP.



CULTURAL ENTERTAINMENT

- Korean Fan Dance – Buchaechum with Susan Hong
- Dandia Divas
- Belly Dancing Divas
- Mongolian Dance – Auspicious Four Seasons with Golden Girls
- Tai Chi Sword Dance with Anna Chu
- Classical Chinese Dance – Moon Drum Melody with Golden Girls
- Ethnic Dance – Ode to the Lotus in September with Golden Girls
- Laguna International Dancers
- Tai Chi Dance with Susie Ando
- Latin Ballroom Dance

Leadership from GRF, United Mutual, Third Mutual and VMS took to the stage to share their excitement for the event.



Korean Fan Dance



Drum Performance



Kala Truck

CUISINE

- Nostimo – Mediterranean
- Kala Truck – Mexican
- GermanYumTruck – German, Turkish, Mediterranean
- The Coconut Truck – California-Asian fusion
- Handel's Ice Cream



Ting's super-cute Crazy Fast Fiber Internet popup trailer

The Ting Experience

Past events and future adventures

By Bailey Richner, Ting Community Engagement Specialist



Ting Community Engagement Specialist Bailey Richner (second from right) and resident-volunteer ambassadors at Clubhouse 1

It's been an exciting season for Ting in Laguna Woods Village! Over the past several weeks, we've had the pleasure of meeting residents at the PC Club meeting, enjoying great music at the outdoor concert and celebrating together at the Unity Festival. We showed up at Clubhouse 1 and visited areas where installation work

Want to know where we'll be next? Be sure to visit our website at tinginternet.com/lagunawoodsvillage for upcoming events, construction updates and opportunities to learn more about Ting.

We love answering questions, hearing your feedback and showing you how Ting fiber can make a difference in your everyday life.

At Ting, we're not just building a network—we're building connections with the community. We can't wait to see you at the next event!

is underway. Thank you to everyone who stopped by to say hello, ask questions and learn more about Ting fiber internet.

We're just getting started. Right now, our teams are hard at work in manors near Gates 1 and 2, completing prewiring and installations to bring fast, reliable fiber internet directly to your homes.



THANK YOU IS NOT ENOUGH

How your donations impact, help,
heal and change lives

By Marcy Sheinwold
for the Foundation of
Laguna Woods Village



The Foundation of Laguna Woods Village is known for its many forms of support: help with medical and dental bills, caregiver services, groceries, gas cards, hearing aids, emergency response devices (ERD) and more. But the real story is not the list of services—it's the way those services change lives.

For neighbors facing hardship, Foundation help often means relief, healing and the chance to move forward. We cannot predict the challenges life will bring us, but it is reassuring to know that, right here in our own Village, help is close at hand through the Foundation. Help is accessed through Social Services, and it is all strictly confidential. In some instances, this help can be life changing.

Recipient thank you notes show how your donations impact, help, heal and change lives. Here are a few examples:

- *"I just want to say thank you from the bottom of my heart for the Foundation's caring assistance. I know I was just an anonymous case, which makes me appreciate your gift so much more because I know your kindness is there for everyone who needs your help."*
- *"We are so fortunate to have the Foundation. All your help caring for*

us seniors deserves more than a thank you. The Stater Bros gift card put a smile on my face and [is] a reminder of your caring and help."

- *"I can hear now. It [the hearing aid] helped me. It helped me. It helped me."*
- *"I just have to write to try to express how much the gift of the power chair is changing our lives. My husband already feels more independent and capable of taking care of himself. I was so afraid he would fall again. This will help him stay among the living longer. Thank you for the extra life we will be able to share now."*
- *"Thanks to the Foundation of Laguna Woods Village for providing me with an emergency response device. I now feel safer and more protected in my home and everywhere else. Thanks to everyone at the Foundation for the exemplary work you do protecting and caring for your neighbors."*

Thank you to all those who support the Foundation. The gratitude expressed in resident thank you notes says more than we ever could. Contact the Foundation at **949-268-2246** or **foundationlww@gmail.com** (note the new email address) with any questions about how to access help. For more information about the Foundation, visit **foundationoflagunawoodsvillage.org**.





LOVE KNOWS NO AGE

The first speed dating event at
Laguna Woods Village

♥ By Lori Trevor for Springboks



Loneliness and social isolation are often described as silent epidemics among older adults. While family and friends play a significant role in providing companionship, many seniors still yearn for meaningful new connections—sometimes even romantic ones. Recognizing this need, Springboks hosted a unique and heartwarming event: resident speed dating.

A FRESH TAKE ON CONNECTION

The event was designed to break down barriers, encourage interaction and remind residents that age does not limit one's ability to form new bonds. Unlike traditional social mixers, speed dating gives participants a chance to engage in multiple short conversations in a structured and comfortable environment. While the primary aim was to spark romantic matches, the event also highlighted the value of friendship and connection at any life stage. Participants left with new acquaintances, meaningful conversations and a renewed sense of belonging.

BUILDING COMMUNITY

Beyond the possibility of romantic connections, the event provided a safe space to practice conversation skills, learn about fellow residents and strengthen the sense of community. Volunteers and organizers carefully facilitated the evening, ensuring that participants felt comfortable, supported and included.

Adding to the charm of the evening, as the rounds began, the men presented a matched rose bundle tied with ribbon to the first lady they met at their designated table. This thoughtful gesture not only broke the ice but also set a tone of kindness and respect from the very start.

The most heartening aspect was the openness with which everyone embraced the experience. Smiles spread across the room as people discovered shared passions, including gardening, travel, cooking, literature and family memories. Even residents who were initially hesitant found themselves enjoying the experience, realizing that companionship comes in many forms.

A STEP TOWARD REDEFINING AGING

This speed dating event proved that love, friendship and human connection do not retire with age. By creating opportunities for seniors to engage socially in innovative ways, our community is reshaping perceptions of aging and showing that life in later years can still be vibrant, joyful and full of possibilities. The success of this event has inspired discussions about making Springboks' speed dating event a recurring program.

To learn more about the Springboks club's speed dating and other events, visit springboks-online.com.

WANT TO LEAVE A LEGACY? YOU ARE!

*By Concerned Citizens
of Laguna Woods Village
Environment Committee*

Sustainability is an umbrella for almost everything that goes on in the Village. From individual well-being to maintaining our buildings and urban forest, it's all about meeting current needs without compromising the Village's ability to survive for future residents. Examples abound of how past leadership and prudent financial management created a sustainable village.

EARLY FORESIGHT IN INFRASTRUCTURE

Think of how our electric grid was undergrounded from the outset and how that protects us from fire hazards! And how 95% of the Village was electrified and avoided using noxious gas. Who could have foreseen that the electric outlets installed in the carports now support a worldwide trend toward low-emission electric vehicles? And imagine how situating the Village close to churches, a hospital, medical offices and shopping was instrumental in reducing our energy use over the years.

WATER: THE HEART OF SUSTAINABILITY

Our water is precious as it is all imported. Almost 25 years of effort by local leaders organized and constructed the El Toro Water District, that continues to serve us well as we move into periods of extended drought. This safe and reliable water source sustains an urban forest of 37,463 trees, a legacy safeguarded by the new Urban Forest Management Plan.

These trees give us clean air to breathe, shade from the sun and relief from high heat, as well as benefits to property value and personal well-being. Beyond landscaping, wise water choices over the years included providing recycled water north of El Toro, installing a high-efficiency irrigation system, and replacing water-intensive turf with drought-tolerant landscaping.

REDUCING WASTE, PROTECTING RESOURCES

The resident-driven, environmentally sound waste program includes regular trash pickup, recycled paper, plastic and so forth, and separately, organics recycling of kitchen scraps. Together these waste management practices reduce carbon emissions, keep plastics out of the environment, conserve limited landfills, and contribute to a fledgling circular economy.

UPGRADING FOR THE FUTURE

The Village designers created a vibrant community with our facilities,

manors and amenities. We upgrade and maintain them to ensure safe enjoyment and social interactions into the coming decades. Decisions in past years that still serve us well included solar panel installations, energy-efficient appliances such as water heaters, washers and dryers, and low-wattage longer-lasting, streetlight bulbs.

LEADERSHIP AND STEWARDSHIP

With built-in leadership through the mutuals, the founders bequeathed us a lengthy process of resident management, constructing budgets and making difficult financial decisions. A democratic process can sustain the Village into the future if enough people of differing points of view contribute and speak up.

CARRYING THE LEGACY FORWARD

Today we can extend our legacy of a sustainable village by meeting current challenges effectively so we can still afford to live here. We are challenged to explore and support changes that will lower energy costs, conserve water and preserve our natural environment. As HOA assessments continue to rise, we can recall how past decisions have been essential in helping the Village survive for us and how we are sustaining that legacy today. To learn more about Concerned Citizens of Laguna Woods Village, visit cclwv1.wixsite.com/mysite.



HELP FOR CAREGIVER BURNOUT

If you're feeling overwhelmed, it's important to seek support early.

By Lourdes Oseguera, LCSW, Social Services Manager

Caregivers provide care and assistance to someone who needs help due to illness, age, disability or injury. While caregiving can be deeply fulfilling, offering a chance to build stronger bonds with a loved one, it can also bring significant stress.

Caregiver burnout is a state of physical, emotional and mental exhaustion. It can occur when caregivers do not get the help they



need or if they try to do more than they are able physically, emotionally or financially. Caregivers who are burned out may experience fatigue, stress, anxiety, withdrawal and depression.

CAREGIVER BURNOUT SYMPTOMS

- Sleep disturbances and persistent fatigue, even after rest
- Changes in appetite, weight or both
- Loss of interest in activities previously enjoyed
- Feeling guilt, resentment or isolation
- Irritability or mood swings
- Excessive use of alcohol and/or medication
- Feelings of wanting to hurt themselves or the person for whom they are caring

FACTORS THAT CAN LEAD TO CAREGIVER BURNOUT

Caregivers may struggle with unrealistic expectations, believing they must do everything perfectly or handle all responsibilities on their own. Many also feel isolated or unsupported by family, friends or healthcare professionals. Personal needs are often neglected as they skip social events, meals, sleep or exercise to prioritize caregiving. Financial pressure can add to the strain, with concerns about costs related to care, home modifications or medical expenses.

STEPS TO PREVENT CAREGIVER BURNOUT

Set realistic goals and recognize that you may need help with caregiving. Rely on others to assist with some tasks when possible. Reach out to someone you trust to talk about your feelings and frustrations, maintain social connections and consider joining a support group. Seek professional help if needed, as most therapists, social workers and clergy members are trained to counsel individuals facing physical and emotional challenges.

Take advantage of respite care services, which offer temporary breaks for caregivers, from a few hours of in-home care to a short stay in a facility. Educate yourself about your loved one's condition so you can provide more effective care. Accept your feelings, including frustration or anger, as normal responses to the demands of caregiving. These emotions do not make you a bad person or caregiver.

Finally, set aside time for yourself each day, even if only for an hour or two. Caring for yourself is not a luxury but a necessity if you want to remain an effective and compassionate caregiver.

RESOURCES

- **Short- and long-term care planning:** Social Services is available to assess and discuss future personal care needs, care options,

Burnout is often a sign that you've been giving too much without replenishing your own well-being.

legal directives and financial resources to ensure care needs are met.

- **Respite services:** Social Services works with the Foundation of Laguna Woods to assist with temporary caregiving and respite services for residents experiencing financial hardship.
- **Therapy:** Social Services offers short-term therapy services to address feelings of depression, anxiety and caregiver stress.
- **Community support:** Caregiver Resources Center offers free services to caregivers over age 60. Services include family consultation, assessment and care planning, counseling, support groups, respite and education. Call **714-446-5030**.

Burnout doesn't mean you're failing; it's often a sign that you've been giving too much without replenishing your own well-being. If you're starting to feel overwhelmed, it's important to seek support early. Call Social Services at **949-597-4267** for support.

LAGUNA WOODS VILLAGE COMMUNITY STREET MAP

1
2
3
4
5
6
7
8
9
10
11

A

B

C

D

E



Map Not to Scale

- Golf Cart Route (dotted red line)
- Health Care + (red cross icon)
- Churches, Temples + (blue cross icon)
- Security Gates Gate (purple octagon icon)
- OCTA Bus Stops OCTA (blue square icon with 'OCTA' text)
- Clubhouses Clubhouse (orange square icon)
- Swimming Pool (blue wavy line icon)

2025, Laguna Woods Village



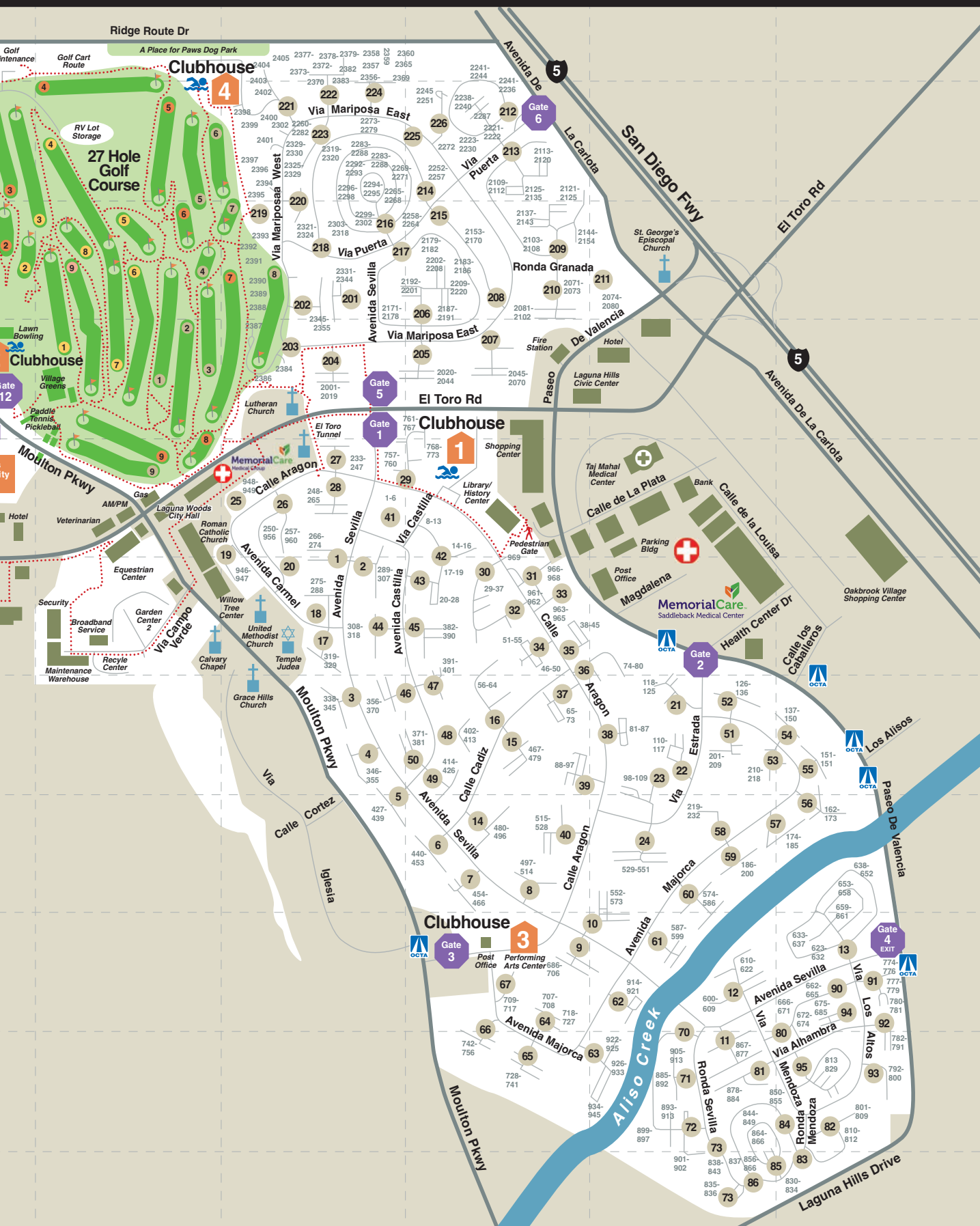
A

B

C

D

E





Stay in Touch!

Use these frequently called numbers to seek assistance, find answers and more.

ADMINISTRATIVE OFFICES

General Information 949-597-4600
information@lagunawoodsvillage.com
info@vmsinc.org

AMENITIES AND RECREATION

General Information 949-597-4273
recreation@vmsinc.org
19 Restaurant and Lounge 949-206-1525
Clubhouse 1 Office/Pool 1 949-597-4281
Clubhouse 1 Fitness Center 949-597-4284
Clubhouse 2 Office/Pool 2 949-597-4286
Clubhouse 4 Office/Pool 4 (Mon - Fri) 949-597-4291
Clubhouse 4 Office/Pool 4 (Sat & Sun) 949-597-4344
Clubhouse 5 Office/Pool 5 949-597-4382
Clubhouse 6 Office/Pool 6 949-597-4437
Clubhouse 7 Office 949-268-2417
Clubhouse Reservations 949-597-4227
Community Fitness Center 949-268-2275
Equestrian Center 949-597-4275
Golf and Village Greens 949-597-4336
Golf (Par 3 Course) 949-597-4334
Performing Arts Center 949-597-4289
Performing Arts Center Box Office 949-597-4288
Village Library 949-597-4274
lvvillagelibrary@yahoo.com
Village Television 949-597-4295

COMMUNITY ACCESS

Community Access 949-597-4600
Gate Clearance 949-597-4301

EMERGENCY AND MEDICAL SERVICES

Fire, Police, Medical Emergency 911
Care Ambulance Service 877-972-0999
MemorialCare Saddleback Hospital 949-837-4500
OC Fire Authority Public Information Line 800-545-5585
OC Sheriff's Nonemergency Dispatch 949-770-6011

The Laguna Woods Village Community Center

24351 El Toro Road

Laguna Woods, CA 92637

lagunawoodsvillage.com

949-597-4600

EMAILS PROVIDED WHERE AVAILABLE

MISCELLANEOUS

Animal Services, City of Laguna Beach 949-497-0701
City of Laguna Woods 949-639-0500
Florence Sylvester Senior Center 949-380-0155
Foundation of Laguna Woods Village 949-268-2246
Laguna Woods Globe (subscriptions) 714-796-7777
lagunawoodsglobe@scng.com
Laguna Woods History Center 949-206-0150
info@lagunawoodshistory.org
Lost and Found 949-597-4435
lostandfound@vmsinc.org
RV Storage 949-268-2284
Saddleback College Emeritus Institute 949-582-4835
The Towers 949-597-4278
care@pmpmanage.com

RESIDENT SERVICES

Manor Alterations 949-597-4616
alterations@vmsinc.org
Resident Services 949-597-4600
residentservices@vmsinc.org
Social Services 949-597-4267

SECURITY

Compliance Hotline (anonymous) 949-268-2255
Department of Security Services (24/7) 949-580-1400
Disaster Preparedness Task Force 949-597-4237

TRANSPORTATION

Village Bus System 949-597-4659

UTILITIES

Broadband (Cable) 949-837-2670
CR&R Inc. (Trash) 949-625-6735
LagunaWoods-Recycles@CRRmail.com
El Toro Water District 949-837-0660
Southern California Gas Company 877-238-0092
Southern California Edison 800-655-4555
West Coast Internet Customer Service 949-487-3302

In Your Neighborhood

To find out what’s going on in and around your neighborhood, visit lagunawoodsvillage.com, go to the Services menu, click on Maintenance and Construction and scroll down to project logs.



GRF PROJECT LOG

UNITED MUTUAL PROJECT LOG

THIRD MUTUAL PROJECT LOG

GRF Facilities Sweeping Schedule

1ST FRIDAY OF THE MONTH

4 to 5:30 a.m. Clubhouse 1
5:30 to 6 a.m. Clubhouse 2

2ND FRIDAY OF THE MONTH

4 to 5:30 a.m. Clubhouse 3
5:30 to 6 a.m. Clubhouse 4

3RD FRIDAY OF THE MONTH

4 to 6 a.m. Clubhouse 7
6 to 7 a.m. Clubhouse 5
7 to 8 a.m. Clubhouse 6

4TH FRIDAY OF THE MONTH

4 to 7 a.m. Maintenance Center
Garden Centers
Equestrian Center Lot

5TH FRIDAY OF THE MONTH (WHEN APPLIES)

4 to 7 a.m. RV Lots
Golf Maintenance

Street Sweeping Schedule

**All times are approximate and subject to change*

MONDAY TO FRIDAY

7:30 a.m. to 3:30 p.m.
Cul-de-sacs

MONDAY

7:30 to 11:30 a.m.
Gates 1, 2, 3 – Calle Aragon to Via Estrada North
11:30 a.m. to 3:30 p.m.
Gates 1, 2, 3 – Calle Aragon to Via Estrada South

TUESDAY

7:30 to 11:30 a.m.
Gates 5, 6 - All streets in this area
11:30 a.m. to 3:30 p.m.
Gate 14 – All streets in this area

WEDNESDAY

7:30 to 11:30 a.m.
Gates 7, 8 – Calle Sonora/Alta Vista (East Area)
11:30 a.m. to 3:30 p.m.
Gates 7, 8, 9 – Calle Sonora/Alta Vista (West Area)

THURSDAY

7:30 to 11:30 a.m.
Gate 10 – East of Ave. Sosiega & North of Monte Hermoso
11:30 a.m. to 3:30 p.m.
Gate 9 – South of Monte Hermoso
Every other week
Gate 9 – Towers Parking Lot

FRIDAY

GRF Facilities
Please see GRF Facilities Sweeping Schedule.

Gate 11 – All streets in this area
No numbered cul-de-sacs fourth week of the month



Sanctuary of **BIODIVERSITY**

Nearly 100 distinct species have been documented in and around Aliso Creek, a designated riparian zone.

By Kurt Wiemann, Landscaping Services Director

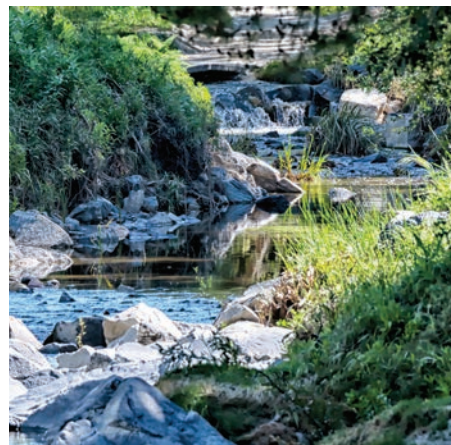
Photo by Mark Rabinowitch

Aliso Creek is a designated riparian zone, safeguarded under the stewardship of the California Department of Fish and Wildlife (CDFW). This serene waterway winds through the landscape like a ribbon of life, its banks lined with lush vegetation and teeming with wildlife. VMS staff have collaborated closely with CDFW officials and expert wildlife biologists to ensure full regulatory compliance while thoughtfully enhancing the creek's aesthetic appeal for the community. Their efforts reflect a deep respect for both nature and the people who enjoy it. One of the ongoing challenges they face is finding the delicate balance between preserving open, scenic water views and maintaining the rich, natural habitat that supports a vibrant array of birds, amphibians and other wildlife.

Riparian zones like Aliso Creek are ecological powerhouses, vital in both environmental health and public safety. The creek's gentle, meandering flow, guided by its native vegetation and intricate root systems, naturally slows water movement, reducing the risk of erosion and flooding. These living systems trap sediment, clarify the water, enrich the soil and fortify stream banks against collapse. Acting as nature's filtration system, riparian zones remove harmful pollutants from surface runoff, purifying the water through a process known as biofiltration.

Beyond their environmental functions, these zones are sanctuaries of biodiversity. They serve as vital corridors for aquatic and terrestrial species, allowing animals to migrate, forage and nest without the threat of habitat fragmentation. The dense foliage provides food and shelter, supporting a thriving ecosystem where life flourishes year-round.

Under CDFW permit requirements, a certified wildlife biologist must conduct thorough wildlife assessments before any maintenance or restoration work begins. These studies ensure that nesting birds and other sensitive species are identified and protected throughout the



process. Over the past year alone, nearly 100 distinct species have been documented in and around the creek, including the elusive tree frog, the majestic great blue heron, the elegant snowy egret and a dazzling variety of songbirds and waterfowl. You can explore the full list at bit.ly/42k7F2d.

Or better yet, stroll along Aliso Creek and experience its beauty firsthand. Whether you're a nature enthusiast, a birdwatcher or simply someone seeking a moment of peace, the creek offers a living tapestry of sights and sounds that connect us to the natural world.

VISITOR NOTICE

As this area is a protected natural habitat, we kindly ask that you refrain from bringing pets during your visit. The presence and scent of domestic animals can disrupt local wildlife and may inadvertently place pets near natural predators.

We appreciate your cooperation in helping us preserve the delicate balance of this environment for all species that call it home.



ELEVATING QUIET LIVING

Updates to interior flooring standards aim to support a more harmonious living environment.

Earlier this year United and Third mutuals approved changes to their flooring policies for upper-floor manors, focusing on reducing sound transmission to lower floors. Find the revised flooring standards at lagunawoodsvillage.com/services/manor-alterations:

- **United Laguna Woods Mutual:** Standard 9 – Interior Flooring for Second Floor Manors
- **Third Laguna Hills Mutual:** Standard 11A – Interior Flooring for Second and/or Third Floor Manors

Key updates to the flooring standards include registering new flooring installations with the Manor Alterations Division, adding a

Residents are encouraged to familiarize themselves with the new requirements, which emphasize sound reduction.

sound deadening underlayment, allowing for expanded flooring options as long as they meet sound standards and clarifying grievance procedures and responsibilities for residents.

By emphasizing sound reduction through improved materials and clear guidelines, these changes aim to support a more harmonious living environment.

Residents are encouraged to familiarize themselves with the new requirements.

For any questions, please contact the Manor Alterations office at **949-597-4616**.



YOUR GUIDE TO EVENTS, FITNESS AND FUN

THANKSGIVING BUFFET

Give thanks and enjoy a festive meal Thursday, November 27, at 1 p.m. in Clubhouse 2 or Clubhouse 5.

Martinez's menu features turkey and gravy, baked spiral ham, salmon Florentine, cranberry sauce, mashed and sweet potatoes, stuffing, peas with pearl onions, Greek pasta salad, seafood salad, fresh fruit, croissants and assorted rolls, pumpkin pie with whipped cream, and cherry and pecan pies.

Tickets are \$29 for adults, \$14.50 for kids age 6 through 10, free for children 5 and under, and can be purchased in the Clubhouse 2 or Clubhouse 5 office. Credit card or check only; card fees apply. For more information, call Clubhouse 2 at **949-597-4285** or Clubhouse 5 at **949-597-4382** or email recreation@vmsinc.org.



RECREATION OFFICE COMMUNITY CENTER

24351 El Toro Road

949-597-4273

recreation@vmsinc.org

Visit lagunawoodsvillage.com > Amenities for activities, classes, fitness and sports, golf, facilities, clubs and more. For registration, visit the Recreation office or the facility where the class/event is held.



PERONDI'S STUNT DOG EXPERIENCE

A talented cast of performers and stunt dogs will delight audiences of all ages Saturday, November 22, at 2 p.m. at the Performing Arts Center. The show includes incredible canine stunts and behaviors, from big air stunts like high-flying Frisbee catches and dancing dogs to comedy antics and impressive athletic feats. It's a one-of-a-kind experience designed to delight and amaze.

Tickets are on sale at the PAC box office or online at tickets.lagunawoodsvillage.com. Check or credit card only; card fees apply. Reserved seating: \$20 for orchestra, \$15 for balcony. For more information, call **949-597-4288** or email recreation@vmsinc.org.



MONDAY MOVIES AT THE PAC

Don't miss the November and December Monday Movies at the Performing Arts Center:

- Superman: November 17
- Red One: December 8

Doors open at 1:30 and 6:30 p.m. for showings at 2 and 7 p.m. Enjoy free, ticketless entry.

For more information, call **949-597-4288** or email recreation@vmsinc.org.



We are honored to recognize and celebrate our invaluable community contributions Friday, December 5, at 11:30 a.m. at Clubhouse 5. Please pick up luncheon tickets from your facility supervisor and enjoy lunch by Martinez, thanks to our sponsors—MemorialCare, Renewal by Andersen, and Freedom Village.



A Royal Holiday With The Queen's Six

Straight from Windsor Castle, The Queen's Six bring a dazzling vocal blend to the Performing Arts Center on Monday, December 15, at 7 p.m. As members of the choir of St. George's Chapel, they perform regularly for the royal family at private and state occasions, including royal weddings and national ceremonies. Renowned for their rich close harmony and wide-ranging repertoire, from Renaissance masterpieces to jazz standards and pop favorites, the ensemble has wowed audiences worldwide.

Tickets are \$20, \$25 or \$30 and on sale at the PAC box office or online. Credit card or check only; card fees apply. Beverages will be available from the GRF no-host bar. For more information email recreation@vmsinc.org or call **949-597-4288**.

TIMELESS MELODIES LECTURES at the PAC

SONGS THAT INSPIRED A NATION SALUTE TO VETERANS DAY: NOVEMBER 25

Music historian Larry Maurer discusses songs that bring to life the spirit and founding of a great nation: "The Star-Spangled Banner," "America the Beautiful," "God Bless America," "The Battle Hymn of the Republic" and more.

POPULAR CHRISTMAS SONGS: DECEMBER 16

Explore heartwarming holiday treasures and the artists behind classics like "The Christmas Song," "Let It Snow!"

Let It Snow! Let It Snow!," "It's the Most Wonderful Time of the Year," "White Christmas" and many more.

Tickets are \$5 per lecture. Advance purchase only; no tickets will be sold at the door. Purchase tickets online or at the PAC box office at 23822 Avenida Sevilla Monday through Friday from 9 a.m. to 5 p.m. Credit card or check only (card fees apply); no cash is accepted. Doors open at 1:30 p.m. for each lecture.

For more information email recreation@vmsinc.org or call **949-597-4288**.



HOLIDAY TREE LIGHTING AND TOY DRIVE

Donate an unwrapped gift for a child in need! The Village kicks off its holiday celebrations with the annual tree lighting ceremony featuring Santa and a toy drive Saturday, December 6, from 5 to 6:30 p.m. at Clubhouse 1. Enjoy hot cocoa, cookies and entertainment by Village clubs. Fire Station 22 may make a guest appearance.

VICKI LAWRENCE AND “MAMA”: A TWO-WOMAN SHOW

SATURDAY, JANUARY 24 | 7:30 PM |
PERFORMING ARTS CENTER

Emmy Award-winning actress, singer, comedienne, star of “The Carol Burnett Show” and creator of the beloved “Mama,” brings her sidesplitting two-act performance to the Performing Arts Center

Saturday, January 24, at 7:30 p.m. Enjoy an evening of laughter, stories and musical comedy from Vicki and “Mama.”

Tickets are \$35, \$40, \$45 and on sale at the box office or online at tickets.lagunawoodsvillage.com.

Credit card/check only; card fees apply. Enjoy beverages from the no-host GRF bar. For more information, call **949-597-4288** or email recreation@vmsinc.org.

RECREATION



CELEBRATE NEW YEAR’S EVE WITH CHER – The Ultimate Tribute

Ring in the new year with an unforgettable evening of music, glamour and nostalgia at the Performing Arts Center Wednesday, December 31, at 7:30 p.m. Experience the legendary hits that defined generations, including “Believe,” “If I Could Turn Back Time” and “Strong Enough,” performed live by the extraordinary Annika. With powerful vocals, dazzling stage presence and spot-on authenticity, she channels the spirit of Cher like no other. Get ready for a night of dancing, singing and celebrating as you relive the magic of one of music’s most iconic performers.

Tickets are \$35, \$40, \$45 and on sale at the box office or online at tickets.lagunawoodsvillage.com. Credit card/check only; card fees apply. No-host GRF bar available. For more information, call **949-597-4288** or email recreation@vmsinc.org.



LIBRARY AND HISTORY CENTER

The Library and History Center are located adjacent to each other at 24266 Calle Aragon.

Library Hours

Monday to Friday: 10 a.m. to 4 p.m.

Saturday: 10 a.m. to 1 p.m.

Sunday: Closed

949-597-4274; lwvillagelibrary@yahoo.com

History Center Hours

Monday through Friday: 11 a.m. to 1 p.m.

or by appointment

**949-206-0150; info@lagunawoodshistory.org;
lagunawoodshistory.org**

RECREATION AND SPECIAL EVENTS FREQUENTLY CALLED NUMBERS

RECREATION OFFICE 949-597-4273

BRIDGE ROOM 949-268-2420

CLUBHOUSES

- Clubhouse Reservations **949-597-4227**
- Clubhouse 1/Pool 1 **949-597-4281**
- Clubhouse 2/Pool 2 **949-597-4285**
- Clubhouse 3/Performing Arts Center **949-597-4289**
- Performing Arts Center Box Office **949-597-4288**
- Clubhouse 4/Pool 4 **949-597-4344**
- Clubhouse 5/Pool 5 **949-597-4382**
- Clubhouse 6/Pool 6 **949-597-4437**
- Clubhouse 7 **949-268-2417**

EQUESTRIAN CENTER 949-597-4275

FITNESS CENTERS

- Clubhouse 1 Fitness Center **949-597-4284**
- Clubhouse 5 Fitness Center **949-597-4382**
- Community Fitness Center **949-268-2275**

GARDEN CENTERS 949-268-2387

GOLF

- Golf and Village Greens **949-597-4336**
- 19 Restaurant and Lounge **949-206-1525**
- Par 3 Course **949-597-4334**

HISTORY CENTER 949-206-0150

LAWN BOWLING 949-951-3027

LIBRARY 949-597-4274

PC WORKSHOP 949-268-2262

MAC LEARNING CENTER 949-268-2263

SADDLEBACK EMERITUS OFFICE 949-582-4835

TENNIS CENTER 949-268-2481

VIDEO LEARNING CENTER 949-470-0965



GET MOVING

Visit lagunawoodsvillage.com > **Amenities** > **View All Amenities** to learn more about the Village's resort-style amenities.

- View a list of amenities, location, contact information, registration process and more.
- Consider taking one or more of the almost 20 classes currently offered, including mat/chair yoga, ballroom dance, English or Spanish language classes, cycling, aquatic classes and more.
- Check out the schedule of current recreation classes at bit.ly/3YmE59C.



CLUB LOVE

In addition to the many amenities and activities offered through the Recreation and Special Events Department, 250 clubs, special interest groups and organizations offer residents a wealth of fun and entertainment. With so many clubs to choose from, there's sure to be like-minded new friends to make.

Visit lagunawoodsvillage.com > **Amenities** > **Village Clubs** to browse clubs, including arts and crafts, cultural, dance, games, health and wellness, performing arts, political, religious and spiritual, science and tech, sports and fitness, support groups and more.



PERSONAL TRAINERS WORK WITH YOU

Get in a good workout led by a personal trainer at the Community Fitness Center or Clubhouse 1 Fitness Center. Five 30-minute sessions cost \$200; 10 30-minute sessions cost \$400. Call the Community Fitness Center at **949-268-2275** or Clubhouse 1 Fitness Center at **949-597-4284** for more information.



EQUESTRIAN CENTER

Our charming and unique equestrian facility offers boarding for resident-owned/lesson horses and a riding program for residents and their sponsored guests. In addition, riders and non-riders alike enjoy various events at our facility, including summer barbeques, the Taste of Country, Easter at the Equestrian Center and horse shows.

LOCATION

24312 El Toro Road
Laguna Woods, CA 92637
949-597-4275

HOURS

Business hours: Wednesday through Sunday from 9 a.m. to 3 p.m.

Tour hours: Wednesday and Thursday at 2 p.m.; Friday, Saturday and Sunday at 12:30 and 2 p.m.

Riding program: Wednesday through Sunday; contact the Equestrian Center office for lesson schedules.

Tours and riding program are closed Monday and Tuesday.

HORSEMANSHIP CLASSES

Horsemanship classes at the Equestrian Center are all about developing the horse-man relationship. Horsemanship is a journey rather than a destination. In these group classes, staff combines lectures,

handouts, herd observation and hands-on education in the care of and communication with horses. It's a great opportunity for those who would like to someday own a horse or for those who just want to learn how to work with horses.

Six-session drop-in classes are offered Sunday at noon.

Those who graduate Level 1 are invited to join Level 2. Call or drop by the Equestrian Center for more information.

SPONSOR A GRF HORSE

The Equestrian Center is one of the happiest places in the Village—thanks to its many wonderful horses. Let's work together to keep that joy alive—please consider sponsoring a GRF horse!

Sponsorship Benefits

- You and your sponsored horse will be thanked in the equestrian newsletter.
- A special sign on the horse's stall door sporting the horse's and sponsor's names: "Sebastian is generously sponsored by Jane Smith."
- Receive an 8-by-10-inch color photo of your sponsored horse.
- Visit your special horse once a month to pet and take pictures during business hours.

Sponsorship Rules

- Handling, grooming or riding are not permitted.
- Giving food or treats may not be given without staff approval.
- Horses must remain in their stalls/paddocks.
- Staff must supervise visits.

Sponsorship Rates Per Horse

- \$650 monthly
- \$3,500 six months
- \$6,500 yearly

Sponsorship includes a percentage of the total board, feed and farrier costs for the care and maintenance of a GRF horse.

We truly are grateful for the generosity of those who sponsor our GRF horses. Please contact the equestrian supervisor for details on sponsorship.

Call **949-597-4275** for more information.



ONGOING CLASSES

Schedules subject to change without notice.

MONDAY

Chi Kung

Clubhouse 1 patio, 8 to 9:30 a.m.
Free drop-in class

Laughter Yoga with Cheryl Russell

Clubhouse 6 ballroom, 9:15 to 10:15 a.m.
Free drop-in class

Zumba Gold with Tracy Murray

Clubhouse 2 ballroom, 10 to 11 a.m.
\$25 for five classes

Ballroom Dance with Candi Davis

Clubhouse 1 ballroom, 11 a.m. to noon.
\$35 for five group lessons

Belly Dance with Tahia

Performing Arts Center rehearsal room,
11:15 a.m. beginners, 12:15 p.m. intermediate
\$35 for five group lessons

Mat Yoga

Clubhouse 2 ballroom, 11:30 a.m. to 12:30 p.m.
Free drop-in class

Polynesian Dance with Laura DeGuire

Clubhouse 5 fitness room, 1 to 2:30 p.m.
Free drop-in class

Chair Yoga

Clubhouse 2 ballroom, 1:15 to 2:15 p.m.
Free drop-in class

Cycling with Alisha Sullivan

Clubhouse 5 fitness room, 5 to 6 p.m.
\$40 per eight-class session

Lengthen and Strengthen with Sheryl Leicher

Clubhouse 5 fitness room, 7 to 8:15 p.m.
Free drop-in class

TUESDAY

Yoga with Kim Min

Clubhouse 1 ballroom 8:30 to 9:45 a.m.
Free drop-in class

Tai Chi

Clubhouse 7 ballroom, 8:30 to 9:30 a.m.
Free drop-in class

Clogging with Kathy Wu

Performing Arts Center rehearsal room,
9 to 10 a.m.
Free drop-in class



Cycling with Alisha Sullivan

Clubhouse 5 fitness room, 9 to 10 a.m. and
10:30 to 11:30 a.m.

\$40 per eight-class session

Chair Strength and Balance with Janet Gilliam

Clubhouse 1 gym, 9:50 to 10:50 a.m.

\$15 for five classes

Swim Clinic with Jan Levinrad

Pool 2, noon to 1 p.m. and 1 to 2 p.m.

Free drop-in class

IKTA Kickboxing and Karate with Sensei Ron

Clubhouse 5 fitness room, 3:30 to 4:30 p.m.

\$25 for five classes

Drum Circle

Performing Arts Center, 5:15 to 6:45 p.m.

Free drop-in class

WEDNESDAY**Chi Kung**

Clubhouse 1 patio, 8 to 9 a.m.

Free drop-in class

Zumba Gold with Tracy Murray

Clubhouse 5 ballroom, 9 to 10 a.m.

\$25 for five classes

Cycling with Alisha Sullivan

Clubhouse 5 fitness room, 10 to 11 a.m.

\$40 per eight-class session

**Mindful Movement Yoga with Jerry Bloch**

Performing Arts Center dining room, noon to 1 p.m.

Free drop-in class

Russian Language Class with Janet Preissler

Clubhouse 2 Grevillea Room, 3 to 5 p.m.

Free drop-in class

IKTA Kickboxing and Karate with Sensei Ron

Clubhouse 5 fitness room, 3 to 4 p.m.

\$25 for five classes

THURSDAY**Cycling with Alisha Sullivan**

Clubhouse 5 fitness room, 7 to 8 a.m.

and 8:30 to 9:30 a.m.

\$40 per eight-class session

Tai Chi and Chi Kung

Clubhouse 1, multipurpose room, 8 to 9:20 a.m.

Free drop-in class

Chi Kung

Clubhouse 2 ballroom, 8 to 9 a.m.

Free drop-in class

Tai Chi

Clubhouse 7 ballroom, 8:30 to 10 a.m.

Free drop-in class



RECREATION

Latin Line Dance with Rebeca Gilad

Clubhouse 1 ballroom, 9:30 to 11 a.m.

Free drop-in class

Chair Strength and Balance with Janet Gilliam

Clubhouse 1 gym, 9:50 to 10:50 a.m.

\$15 for five classes

Tap Dance and Rhythms with Laura Fremont

Clubhouse 5 fitness room, 10:30 to 11:20 a.m.

\$25 for five classes

Jazz and Ballet Mix-It-Up with Laura Fremont

Clubhouse 5 fitness room, 11:30 a.m. to 12:20 p.m.

\$25 for five classes

Mat Yoga

Clubhouse 2 ballroom, 11:30 a.m. to 12:30 p.m.

Free drop-in class

Chair Yoga

Clubhouse 2 ballroom, 1:15 to 2:15 p.m.

Free drop-in class

Spanish Class with Walter Valencia

Performing Arts Center dining room, 1 to 3 p.m.

Email kevinvalencia@verizon.net to register

Vinyasa Yoga with Suzanne Curtis

Clubhouse 2 ballroom, 3 to 4 p.m.

Free drop-in class

IKTA Kickboxing and Karate with Sensei Ron

Clubhouse 5 fitness room, 3:30 to 4:30 p.m.

\$25 for five classes

Meridian Yoga

Performing Arts Center dining room 2,

5:30 to 6:45 p.m.

Free drop-in class

FRIDAY

Cycling with Alisha Sullivan

Clubhouse 5 fitness room, 7 to 8 a.m.

\$40 per eight-class session

Chi Kung

Clubhouse 1 patio, 8 to 9 a.m.

Free drop-in class

Zumba Toning with Tracy Murray

Clubhouse 2 ballroom, 9 to 10 a.m.

\$25 for five classes

Yoga with Kim Min

Clubhouse 7 ballroom, 9:30 to 10:45 a.m.

Free drop-in class

Ballroom Dance with Ed VanOrnum

Clubhouse 1 ballroom, 9:30 to 11:30 a.m.

\$35 for five classes

Israeli Dance with Rebeca Gilad

Clubhouse 2 Sequoia ballroom,

10:30 to 11:30 a.m. beginners,

11:30 a.m. to 12:30 p.m. intermediate

Free drop-in class

Circle of Love Meditation with Zahir Movius

Clubhouse 5 fitness room, 2:30 to 4 p.m.

Free drop-in class

SATURDAY

Tai Chi and Chi Kung

Clubhouse 1 multipurpose room, 8 to 9:30 a.m.

Free drop-in class

Line Dance

Clubhouse 5 fitness room, 2 to 3 p.m.

Free drop-in class

Disco Dance

Clubhouse 5 fitness room, 3 to 4 p.m.

Free drop-in class





Schedules subject to change without notice.

Clubhouse Reservations | 949-597-4227

Schedule reservations for Clubhouses 1, 2, 5, 6 or 7; the Village Greens; the Performing Arts Center; or the Community Center at the recreation office, Monday through Friday, 8 a.m. to 5 p.m.

- Reservations may be scheduled through December 31, 2025.

Clubhouse 1 | 949-597-4281

- Open daily 8 a.m. to 10 p.m.
- Fitness center open Monday, Wednesday, Friday 7 a.m. to 7 p.m., Tuesday, Thursday 7 a.m. to 5 p.m., Saturday, Sunday 8 a.m. to 2 p.m.
- Indoor mini-gym (badminton, pickleball, volleyball, basketball)
- Archery
- Shuffleboard
- Bocce
- Billiards
- Game room
- Drop-in lounge

Clubhouse 2 | 949-597-4285

- Open Monday through Friday 8 a.m. to 5 p.m., with extended hours to accommodate reservations; weekend hours vary based on reservations
- Video lab and studio, card room, lawn bowling

Clubhouse 4 | 949-597-4344

- Open daily from 9 a.m. to 4 p.m., except Tuesday and Thursday which have extended hours until 8 p.m. Closed on all major holidays.
- Contact the clubhouse for specific studio hours. All studios open only when a volunteer supervisor

is present: art studio, ceramics, glass studio, jewelry, lapidary, photo studio, quilting, sewing room, slipcasting, woodshop, machine shop

Clubhouse 5 | 949-597-4382

- Open daily 8 a.m. to 5 p.m. and extended hours to accommodate reservations
- Game room
- Fitness center open daily 5:30 a.m. to 9 p.m.

Clubhouse 6 | 949-597-4437

- Open by reservation only
- Reservations Monday through Friday 8 a.m. to 10 p.m.

Clubhouse 7 | 949-268-2417

- Open daily 8 a.m. to 5 p.m., Monday through Friday 10:30 a.m. to 6:30 p.m., with extended hours to accommodate reservations; weekend hours vary based on reservations
- Bridge games Monday through Friday from 12:30 to 4 p.m.
- Bridge class schedule varies

Community Center | 949-597-4273

- Concierge, Resident Services Monday through Friday from 8 a.m. to 5 p.m.
- Table tennis: Monday through Friday from 8 a.m. to 9 p.m.; Saturday, Sunday from noon to 5 p.m.
- Mac learning center: Monday through Friday from 9 a.m. to 3 p.m.; 949-268-2263
- PC workshop: Monday through Friday from 10 a.m. to 4 p.m.; 949-268-2262
- Community fitness center Monday through Friday from 7 a.m. to 7 p.m.; Saturday and Sunday from 8 a.m. to 2 p.m.

Equestrian Center | 949-597-4275

- Business hours Wednesday through Sunday 9 a.m. to 3 p.m.
- Tours Wednesday and Thursday 2 p.m.; Friday through Sunday 12:30 and 2 p.m.
- Call to inquire about riding program.



Garden Centers | 949-268-2387

- Daily sunrise to sunset
- Call **949-268-2387** to schedule a tour.
- Website: **bit.ly/4elZ83E**

Golf | 949-597-4336

- 27-hole course open daily 7 a.m. to 6 p.m.
 - o Online reservations only; see pro shop to create account.
- Driving range open 7 a.m. to 3:30 p.m.
- Par 3 course open 7:30 a.m. to 5:30 p.m.
- Call the course condition hotline at **949-597-4373** for course updates.

History Center | 949-206-0150

- Open Monday through Friday from 11 a.m. to 1 p.m. or by appointment

Lawn Bowling | 949-951-3027

- Open daily 7 a.m. to 7 p.m.
- Morning social games Tuesday, Wednesday, Thursday and Saturday at 10 a.m. (October-June) and 9 a.m. (July-September)
- Afternoon social games Tuesday, Wednesday and Thursday at noon
- Evening social games Sunday, Monday and Wednesday at 3 p.m. (November-February), 4 p.m. (March-May and October) and 5 p.m. (June-September)
- Competitive game Friday at 9 a.m.
- Free lessons for residents and their guests Tuesdays at 3:30 p.m. (September-March), 5:30 p.m. (April-August) and Saturdays at 8:45 a.m. or by appointment
- Website: **lwlbc.org**

Library | 949-597-4274

- Open Monday through Friday from 10 a.m. to 4 p.m., Saturday from 10 a.m. to 1 p.m.

Paddle Tennis | 949-597-4273

- Daily 7 a.m. to 10 p.m.
- Tuesday, Thursday priority 7 a.m. to noon
- First, third Saturday priority 7 a.m. to noon

Performing Arts Center | 949-597-4289

- Open daily from 9 a.m. to 5 p.m., with extended hours to accommodate reservations
- Box office open Monday through Friday from 9 a.m. to 5 p.m.; **949-597-4288**
- Auditorium open for scheduled shows; dates and times vary
- Schedule reservations for the Performing Arts Center (PAC) auditorium with the PAC supervisor.

Pickleball | 949-597-4273

- Daily 7 a.m. to 10 p.m.
- Monday, Wednesday, Friday mornings priority 7 a.m. to noon; second, fourth Saturday priority 7 a.m. to noon

Pools | 949-597-4273

- Check the most current pool schedule at **bit.ly/4l8PdAX**.

Recreation Coordinated Classes | 949-597-4273

- Class schedule: **bit.ly/4fJhjRa**
- ActiveNet portal: **bit.ly/3eKhxts**
- ActiveNet tutorial video: **bit.ly/2UDQmJF**

Shuffleboard | 216-905-7051

- Open daily 8 a.m. to 10 p.m.
- Club play: Mondays at 9:30 a.m., Tuesdays at 9:30 a.m. and 3 p.m., Thursdays at 5:30 p.m., Fridays at 1 p.m.
- Website: **bit.ly/4jDyO5Y**

Tennis | 949-268-2481

- Daily 7 a.m. to 10 p.m.
- No reservations required for courts 1 to 7, 7 a.m. to 4:30 p.m.
- Court Reserve reservations required for courts 8 to 10, 7 a.m. to 4:30 p.m.
- Court Reserve reservations required for courts 6 and 7, 4:30 to 9 p.m. (lighted)
- For CourtReserve reservations, visit **bit.ly/4hl3bNS**.

Saddleback Emeritus | 949-582-4835

- Visit **saddleback.edu/emertus** for class schedule.

Garden Villa Association Board of Directors

The Garden Villa Association Board of Directors meets the fourth Thursday of even-numbered months at 4 p.m. General membership meetings are on the second Thursday of odd-numbered months at 10 a.m.

Stuart Hack
President, Region 2 Rep

Ro Kendall
Vice President, Region 3 Rep

Leah Kushman
Secretary, Region 4 Rep

Sheldon Mende
Treasurer, Region 7 Rep

Tom Stacy
Communications Director

Gail Berra
Region 1 Rep

Marti Mangan
Region 5 Rep

Theresa Keegan
Jim Southworth
Region 6 Co-Reps

Laurie Bereny
Regions 8 & 9 Rep

Joe Camera
Ad Hoc Building Captain



LET'S SAVE OURSELVES FROM DRY ROT

Prevent this three-story building structural problem and its costly repairs.

By President Stuart Hack, Garden Villa Association

For residents in three-story buildings, there's good news and bad news. The good news: Village Management Services (VMS) is identifying and repairing dry rot in beams, walkways and patios. The bad news: The damage is extensive, and repairs and replacements come at significant cost.

Residents can help protect their buildings and save the community money by following these simple steps:

1. Place saucers under all planters and pots.
2. Elevate pots and saucers using 1-by-1-inch boards or wheeled plant caddies.
3. Use wheeled caddies for large or heavy planters to make moving them easier.
4. Report any exterior leaks, such as from downspouts or gutters.
5. Avoid using a hose to clean patios or common areas.
6. Water plants sparingly—do not overwater.
7. Prevent water from spilling or pouring onto lower floors.

COMPLIANCE AND CONTACTS

These actions are required by Third Mutual Resolution 03-23-18. The Garden Villa Association (GVA) asks all building captains to check for planters, pots or activities that do not follow the rules above. If your building captain notes a violation, please cooperate. The goal is to prevent dry rot and avoid unnecessary costs for everyone.

GVA is working with the Third Mutual Maintenance and Construction Committee to identify and have VMS correct other structural issues that may contribute to dry rot.

Questions? Email agardenvilla@gmail.com.

Third Board of Directors

The Third Laguna Hills Mutual Board
of Directors meets the third Tuesday of
each month at 9:30 a.m.

Robert Mutchnick
President
2024-2027

Reza Karimi
First Vice President
2025-2028

Donna Rane-Szostak
Second Vice President
2024-2026

Ruth Johnson
Secretary
2024-2027

Howard Fox
Treasurer
2024-2026

James Hopkins
2026

Peggy Moore
2025-2028

S.K. Park
2025-2028

Steve Parsons
2025-2028

Craig Wayne
2024-2027

Moon G. Yun, M.D.
2023-2026

OPPORTUNITIES FOR INVOLVEMENT

Your participation allows the committees and board to
better serve the needs of the whole community.

By President Robert Mutchnick

Many of you came to Laguna Woods Village after long and successful
careers. Now you're enjoying golf, pickleball, the pools and hundreds
of clubs. But what do you do in your spare time?

Eleven of your fellow residents volunteer their time to keep Third
Mutual running smoothly. They bring diverse backgrounds and
experience. What's missing is you.

The Village offers many ways to give back. By sharing your skills
and perspective, you can help shape the decisions that affect
daily life for all residents. Whether leading a club or serving on a
committee, your contribution makes a lasting difference.

THIRD MUTUAL COMMITTEES

We have various committees; some meet monthly, others bi-monthly
or quarterly. Serving as an advisor requires only a small time
commitment: as little as a few hours every three months, or just two
to three hours per month for those that meet more often.

By now, you may be asking: What are these committees? What do
they do? And when do they meet?

Architectural Control and Standards Committee recommends
approval or denial of all requests for nonstandard alterations and
modifications, or alterations that have generated neighbor objection
and meets the second Monday of each month at 9:30 a.m. in the
Community Center board room.

Finance Committee oversees the finances and fees related to Third
Laguna Hills Mutual and meets every other second Tuesday of the
month at 1:30 p.m. in the Community Center board room.

Garden Villa Recreation Room Committee oversees recreation
room renovations of the 53 Third Laguna Hills Mutual three-story
buildings and meets three times a year in the Community Center
board room.



Landscape Committee oversees all landscaping matters related to the Third Laguna Hills Mutual community and meets the first Thursday of each month at 9:30 a.m. in the Community Center board room.

Maintenance and Construction Committee oversees the upkeep of all buildings located in the Third Laguna Hills Mutual community and meets on the first Monday of each month at 1:30 p.m. in the Community Center board room.

Resident Policy and Compliance Committee reviews governing documents for clarity, legality and current applicability, recommends general and specific actions for board approval and implementation and usually meets the fourth Tuesday of each month at 9:30

a.m. in the Community Center board room.

Water Conservation Committee collaborates between the Third board and the VMS Landscaping Services Department regarding water consumption and conservation best practices and meets quarterly on the fourth Thursday of the month at 2 p.m. in the Community Center board room.

HAVE YOUR SAY

Not ready to commit as a committee advisor? You can still participate, and it only takes three minutes of your time. Each Third Mutual committee meeting includes an opportunity for residents to speak on any topic related to that committee's work, even if it's not on the agenda. If you'd like to comment on an agenda

item, you may do so when that item comes up for discussion.

The same opportunity applies to monthly Third Mutual board meetings, held the third Tuesday of each month at 9:30 a.m. in the Community Center board room.

Opportunities to get involved range from offering a quick three-minute comment at a meeting to serving a few hours each month as a committee advisor. Not ready to speak or serve? You're always welcome to attend and observe your board and committees in action.

The more residents participate, the better your board and committees can serve the Third community. For a full schedule of Third Mutual meetings, visit teamup.com/kscgou5e8j2uq3dw32.

Looking forward to seeing you at one of our committee and board meetings.

United Board of Directors

The United Laguna Woods Mutual Board of Directors meets the second Tuesday of each month at 9:30 a.m.

Charles Prater
President
2024-2027

Jeanne Costello
First Vice President
2024-2027

Anthony Liberatore
Second Vice President
2025-2028

Maggie Blackwell
Secretary
2024-2027

Mourad Akesbi
Treasurer
2025-2027

Elsie Addington
2025-2026

Kathryn Bravata
2025-2028

Mickie Choi Hoe
2023-2026

Sue Quam
2023-2026

Georgiana Willis
2023-2026

INVESTING IN OUR MUTUAL

Looking ahead to 2026

*By President Charles Prater
and First Vice President
Jeanne Costello*



At its September meeting, the United Mutual board approved the annual budget for 2026. After reviewing financial reports, multiple budget proposals and our reserve study, the board concluded that a modest dues increase is the best path to maintain current services and fund necessary long-term repairs.

	2025	2026	INCREASE (\$)	INCREASE (%)
United Portion	\$522.83	\$564.86	\$42.03	8.0%
GRF Portion	\$238.19	\$261.92	\$23.73	10.0%
Total Basic Assessment	\$761.02	\$826.78	\$65.76	8.6%

KEY BUDGET HIGHLIGHTS

Assessment increase: Monthly assessments will rise by \$65.76, taking the overall assessment from \$761.02 to \$826.78, effective January 1, 2026.

- **Stronger reserves:** The board approved an increase in reserve contributions of \$31.50 per month to reverse the trend of declining balances and begin rebuilding efforts. Doing so lowers the chance of special assessments in the future.
- **Service level increases in landscaping:** Recognizing the importance of landscaping and members' desire for additional maintenance, the board agreed to add two extra cycles of grounds care at a cost of \$444,000, or \$5.85 per manor per month.
- **Operating efficiencies:** Negotiating with VMS, partnering with Third Mutual to lower our property insurance rates, pursuing resource-



efficient upgrades in common areas, and trimming discretionary spending helped to limit the financial impact on our members. Absent the extra cycles of grounds maintenance and the increased reserve fund contributions, the board accomplished a year-over-year budget increase of less than 1%.

WHY MAKE THIS DECISION

Rising costs for utilities, such as water and electricity, general services and member requests for additional landscaping cycles made it necessary to adjust assessments. More importantly, the board prioritized reserve funding after reviewing our reserve study; funding reserves now helps protect property values and prevents passing on future assessment spikes to homeowners.

Absent the extra cycles of grounds maintenance and the increased reserve fund contributions, the board accomplished a year-over-year budget increase of less than 1%.

WHAT IT MEANS FOR YOU

- **Services maintained:** Routine services such as trash, amenity upkeep, security and common-area maintenance, are preserved at current levels.
- **Services increased:** Landscaping service cycles for general shrub bed and tree maintenance are increasing from four to six cycles per year.
- **Predictability:** By increasing reserves, we aim to smooth future assessments and avoid sudden, large special assessments.
- **Impact:** In total, each United member will see a monthly assessment increase of \$42.03 from United and \$23.73 from GRF for a total increase of \$65.76. When each member is notified of their manor-specific assessment in late November, including both property tax and property insurance, members should also anticipate a decrease in their property insurance due to continuous efforts from the board and staff to manage insurance premiums.

HOW THE DECISION WAS MADE

Throughout the year, United's Maintenance and Construction,

Landscape and Finance committees, working alongside VMS staff, reviewed and discussed multiple budget options before presenting recommendations to the board. After considering several scenarios, the board approved an approach that maintains community services while responsibly funding reserves.

FREQUENTLY ASKED QUESTIONS

1. **Why the increase?** To address rising operating costs and build back our reserves
2. **Will services be cut?** No, many services will be maintained and some, like landscaping cycles, will be increased.
3. **How do I see the full numbers?** The full budget will be posted in December at lagunawoodsvillage.com/financial-services.
4. **Who can I contact if I have questions?** Attend a presentation at an upcoming town hall and member Q&A to learn details and ask questions, or email UnitedMutual@lagunawoodsvillage.com.

GRF Board of Directors

The Golden Rain Foundation of Laguna Woods Board of Directors meets the first Tuesday of each month at 9:30 a.m.

Alison Bok
President
2024-2025

Martin Roza
First Vice President
2024-2027

Ellen Leonard
Second Vice President
2024-2027

Egon Garthoffner
Secretary
2022-2025

Andy Ginocchio
Treasurer
2024-2025

Cush Bhada
2023-2026

Marie Collins
2025-2026

Gary Duerst
2024-2026

Manohar Motwani
2024-2025

Jim Nadeau
2024-2026

Brad Rinehart
2024-2027



Village Greens, which houses 19 Restaurant and Lounge, a pro shop, meeting rooms and more, is located between Clubhouse 2 and the Village's own championship 27-hole golf course.

THE BIG PICTURE

From clouds to bedrock, here is a snapshot of GRF responsibilities and member benefits.

By President Alison Bok

Are you fascinated by apps that let you explore almost any spot on Earth from a bird's-eye or satellite view? With just an address or coordinates, you can revisit your old neighborhood, wander the streets of Rome, preview a rental before booking it or even watch the sunrise over Bali.

Now, thanks to lidar technology, we can see not only across the surface but beneath it, revealing ancient ruins, hidden caves and the vast road networks of civilizations long past.

If we apply that same kind of layered perspective to Laguna Woods Village, from the sky above to the clay below, we can begin to answer some surprisingly complex questions about the community we share.

WHAT A DRONE OR SATELLITE CAN SEE

- Trees, shrubbery
- Manors (homes)
- Paved streets, gates, sidewalks, signs
- Streetlights, poles
- Walkway lights
- Cul-de-sacs, carports, guest parking

WHAT LIDAR CAN SEE

- The ground, including curbs, gutters, manholes and other structures obscured by tree canopies



Clubhouse 1 features a fitness center, gymnasium, shaded pool and hot pool, and various rooms for meetings, classes and social activities.

Missing from these lists are most of the GRF trust assets, including the land, clubhouses, amenities, equipment, improvements and rights, of which GRF members are the beneficiaries. Take a look at the comprehensive “Community and Recreational Facilities” list.

OTHER GRF RESPONSIBILITIES

At the Community Center:

- Central Services (mail and copying services)

- Financial Services
- Information Services
- Property Services
- Resident Services
- Social Services

GENERAL, LANDSCAPING, MAINTENANCE AND CONSTRUCTION, AND SECURITY SERVICES

- Broadband services
- Equipment maintenance (around 200 mules, mowers,

trailers, etc.)

- Fleet maintenance (around 300 cars, vans, trucks, etc.)
- Internet services
- Landscape waste mulching operation
- Nursery (located near Clubhouse 7)
- Recreation vehicle storage areas – 2 (413 spaces)
- Roads – 70 miles (cul-de-sacs belong to housing mutuals)
- Security gates – 16
- Specialized maintenance workshops
- Transportation (fixed-route service, Journey, Boost) – 14 buses
- Warehouse

COMMUNITY AND RECREATIONAL FACILITIES	
14 archery range lanes	2 golf courses (36 holes)
1 billiard room	1 gymnasium (scheduled)—badminton courts; half-court basketball, pickleball and volleyball court
3 bocce courts	1 history center
1 bridge room	2 lawn bowling greens
7 clubhouses	1 library
2 computer labs (Mac and PC)	7 paddle tennis/pickleball courts
10 craft workshops	1 Performing Arts Center theater with 814 seats
1 driving range	2 pétanque courts
1 equestrian center (39 stalls)	5 pools/4 hot pools
3.5 miles of equestrian trails	6 shuffleboard courts
3 fitness centers	9 table tennis tables
3 game rooms	10 tennis courts
2 garden centers (1,148 cultivation plots)	1 community-owned TV station

Maintaining and improving these valuable assets is a joint effort by the entire community: residents, boards and the managing agent, VMS. The GRF board, in particular, carries the fiduciary duty to make decisions that serve the greatest good of the community from top to bottom, clouds to bedrock. Everyone counts, and everyone contributes.



Village Management Services, Inc.

VMS Board of Directors

Cynthia Rupert
Chair
United, 2023-2026

Candace Tysdal
First Vice Chair
Third, 2024-2027

Juanita Skillman
Second Vice Chair
GRF, 2025

Jeffrey Beck
GRF, 2025-2026

Bunny Carpenter
Third, 2025

Jim Glassman
Third, 2024-2026

Mark Laws
GRF, 2024-2027

Manny Robledo
United, 2024-2027



WHO'S WHO IN THE VILLAGE

A snapshot of governing and managing entities

By Chair Cynthia Rupert

Whether you are new to the Village or have lived here for some time, you may have wondered who all the entities like Third and United mutuals are and what all the acronyms like VMS and GRF mean. So, I thought it would be helpful to give you a snapshot of who's who and what's what in Village governance and management.

UNITED LAGUNA WOODS MUTUAL

United Laguna Woods Mutual, one of three mutual housing corporations in the Village, is comprised of 6,323 cooperatives that provide owners with a certificate of ownership or a share in the corporation. The shareholder gains residential privileges to a specified unit/manor if they are named on the certificate of ownership. United is responsible for services related to its housing and common areas as well as other maintenance not provided in the condominiums. United Mutual is managed by an in-house nonprofit organization, Village Management Services Inc. (VMS). The United board of directors is elected by its manor shareholders/residents.



VMS is an in-house nonprofit organization whose sole objective is to provide excellent service to its clients.

THIRD LAGUNA HILLS MUTUAL

Third Laguna Hills Mutual, another of the three housing mutuals within the Village, is comprised of 6,102 manors, mostly condominiums and some standalone units. Third Mutual is responsible for services related to its housing and common areas. Third Mutual is managed by an in-house nonprofit organization, VMS. The Third Mutual board of directors is elected by its manor owner/residents.

MUTUAL NO. FIFTY (THE TOWERS)

Mutual No. Fifty (The Towers) is a nonprofit condominium housing corporation with special in-house services and an on-site manager that includes 311 condominium memberships. Mutual Fifty is managed by a paid

outside for-profit professional management company. The Mutual Fifty board of directors is elected by its condominium owner/residents.

GOLDEN RAIN FOUNDATION OF LAGUNA WOODS

The Golden Rain Foundation of Laguna Woods (GRF), through a trust agreement, is responsible for overall maintenance and improvements to Village facilities and services. GRF manages the Village's shared common areas, which are comprised of community buildings, properties, amenities and related services. GRF is managed by an in-house nonprofit organization, VMS. The GRF board of directors is elected by the three housing mutuals' board of directors for Third, United and Fifty.

VILLAGE MANAGEMENT SERVICES INC.

Village Management Services Inc. (VMS), an in-house nonprofit organization, is the managing agent for its clients: GRF, Third Mutual and United Mutual. VMS, whose sole objective is to provide excellent service to its three clients, has no budget/funds/monies and is paid no management fees, thus providing a huge cost savings that ultimately benefits the Village's residents/owners. VMS provides services requested and budgeted by its clients and cannot spend any monies unless directed by its three clients' boards of directors. VMS is the managing agent contracted and owned by GRF, United and Third. As such, the day-to-day operations of the association have been delegated to VMS by GRF and two of the housing mutuals, Third and United. The VMS board of directors is appointed by its three clients.

Mutual No. Fifty Board of Directors

Earl Adamy
President
2025-2026

John Luebbe
Vice President
2025-2026

Margaret Bennett
Secretary
2025-2026

Jim Steinhagen
Treasurer
2025

Cindy Lillibridge
Director at Large
2025

ANSWERS TO YOUR FREQUENTLY ASKED QUESTIONS

How many units are in The Towers? The Towers is home to 311 condominiums. Our community consists of two 14-story towers.

What floor plans are available? There are multiple types of unique layouts to choose from, including cozy studios, one-, two- and three-bedroom options, including some with terraces.

What do I have access to as a resident of The Towers? Enjoy all the perks and amenities of Laguna Woods Village, including pickleball and tennis courts, golf, swimming pools and more! You are also entitled to all features exclusively for The Towers, such as onsite dining, housekeeping visits and activities.

Do you have a dining program? We do! Residents enjoy a dining program featuring meals prepared with seasonal, fresh ingredients by our team of onsite chefs. You can choose to dine in or carry out meals.

Is it difficult to make friends? We love our friendly neighbors at The Towers! Strike up a conversation during a meal or while attending an activity.

Tell me more about your dining program. Breakfast, lunch and dinner are available seven days a week in our Latitude dining room. Full-service dining is available four days a week in our Crystal dining room. Pick which option works best for you on any day. Room service is also available at an additional fee.

Do you have food options for my medically prescribed diet? The Towers is an independent living community, and we do not make meals specifically for prescribed diets. We do offer an extensive menu with many options to suit healthy lifestyle choices.

Do you provide medical assistance? The Towers is an independent living community, and we do not provide medical assistance or caregiving services.

What about pricing? Monthly assessments range from \$2,600-\$3,600 based on size and cover access to amenities, services, monthly dining points and utilities. There is an additional occupant fee of \$900 as well. Assessments do not cover taxes or homeowners insurance. Monthly dining points generally cover all dinners, and residents may purchase more points as they wish.

THE TOWERS

at Laguna Woods Village



LIFE IS
BETTER
AMONG
FRIENDS



Luxury, All-Inclusive Independent Living

Tucked in the award-winning Laguna Woods Village, The Towers is designed for active, independent adults who want it all—resort-like hospitality, access to convenient amenities and friendly neighbors right next door.

Here, you'll get all the benefits of living in Laguna Woods Village in addition to services and amenities that make life even sweeter. Enjoy delicious meals among friends, prepared by our chef and dining team, work on mobility and strength in our fitness center, and attend any of our events.

We're a vibrant, engaging community just waiting for you!

AMENITIES INCLUDED

- ✓ Housekeeping visits every two weeks
- ✓ Onsite dining
- ✓ Social events and activities
- ✓ Shared outdoor patios
- ✓ Maintained landscaping
- ✓ Free laundry facilities
- ✓ 24-hour front desk services
- ✓ 24-hour onsite maintenance
- ✓ Access to golf, tennis and pickleball courts, pools and 250 clubs

Questions? Contact your Laguna Woods Village Realtor

THEN AND NOW

ST. GEORGE'S EPISCOPAL CHURCH



This drawing of the Spanish mission chapel before construction was published with a welcome for smaller religious groups to use the facility if they did not have their own.

In 1964, two tiny chapels stood within miles of Leisure World on El Toro Road. St. George's Mission sat on the south side, near the train tracks, which in those days crossed the road. Of the 30 or more first residents who had moved into the new manors in Buildings 1, 2 and 3 on September 10, a few hardy souls found their way to the two venerable chapels on Sunday, September 13. For the others, the Leisure World Foundation (now Golden Rain Foundation of Laguna Woods, or GRF) held a prayer meeting in Clubhouse 1.

Ross Cortese had envisioned Leisure World as a total way of life that included faith, medical care and recreation. At Seal Beach, he had built a community chapel within Leisure World,



and expected to do the same in what would become Laguna Woods Village. Soon after plans for the chapel were drawn, individual churches demonstrated their intent to establish their own congregations. So, Cortese offered to deed nearby property outside the Village walls to churches with at least 100 members who were residents, and construction began within two years.

Soon after opening in 1964, the influx of Episcopalians and continuing growth of neighboring settlements promised future growth and sustainability for St. George's parish. Although Rossmoor Corporation offered St. George's a building site west of Moulton Parkway, the church purchased 3.5 acres on Avenida de la Carlotta near the El Toro exit from the current I-5 freeway to make the church more accessible for Sunday school and adult services for members living throughout the Saddleback Valley.

The Laguna Woods History Center, a 501(c)(3) nonprofit that receives no assessment funding, is located next to the Village Library. Visit weekdays from 11 a.m. to 1 p.m. and by appointment (call **949-206-0150**). Visit the website at **lagunawoodshistory.org**.



Early answers. Stronger tomorrows.

Lung cancer screening saves lives through early detection.

Most lung cancers are found after they've advanced — making them harder to treat. Yet in California, only 13.9% of those at high risk are screened*, leaving many without the chance for early intervention. MemorialCare Cancer Institute at Saddleback Medical Center is changing that.

With advanced tools like Galaxy™ robotic-assisted bronchoscopy and da Vinci robotic-assisted surgery, we offer precise diagnosis and minimally invasive treatment. Our lung cancer nurse navigator serves as a trusted partner, guiding patients through each phase of care with clarity and purpose.



Don't wait for symptoms. Take control today.
Take a lung health risk assessment or call our lung patient navigator to find out if you're eligible for a screening.

*American Lung Association


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you can trust.

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Available at [memorialcare.org](https://www.memorialcare.org)
and our mobile app, or call us 24/7
at (877) 696-3622.

*Hours may vary.

Instant access to quality health care. Anytime, anywhere, anyone.