



The Village News

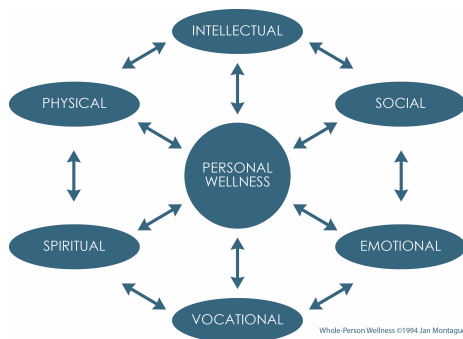
Living Life to the Fullest

April 2018

SCV & Whole-Person Wellness = Living Life to the Fullest!

San Clemente Village cares about our members' and volunteers' well-being because we know it's never too late to start a pathway to wellness and even the tiniest of steps can prove beneficial. It is the goal of San Clemente Village to focus on individual well-being and the implementation of programs and services that encourage people to be healthy in mind, body, and spirit throughout their life-span.

No one is ever too young, too old, too fit, or too frail to embrace a whole-person wellness perspective. Simply stated, what you do, think, feel, and believe has an impact on your health and well-being. This change in perspective helps individuals remain healthier, positive, and proactive while aging.



To address this approach to health, we are offering three comprehensive wellness initiatives during 2018: Live Safe (personal safety), Live Smart (brain and cognition health), and Live Well (fall reduction and personal wellness). Live Safe debuted at the February Big Deal Meeting. If you have not yet received your Live Safe Resource Binder, please call the SCV office at 949.441.1348.

The Live Smart initiative features the *Mind Boosters* educational series—offered every Thursday in April from 1:00 PM – 4:00 PM in the Ole Hansen Fireside Room of the Community Center. Finally, this summer our Live Well initiative will feature *Stay Well at Home*, a comprehensive fall reduction program developed by Debra Rose, PhD and the CSUF Center for Successful Aging.

Stay tuned there are a lot of exciting programs on the horizon!

Mark Your Calendars!

Coming on Saturday, May 19, 2018 at 1:30 pm – Road Scholar Presentation

Road Scholar, the nonprofit, world leader in travel since 1975, will be a SC Village Program in May. We will hear about various travel options and how learning fits into travel. Specializing in travel for older adults, Road Scholar offers both international, domestic destinations and inter-generational learning adventures.

OUR MISSION

Road Scholar inspires adults to learn, discover and travel. Our learning adventures open minds to new ideas and deepen understanding of oneself and of the world's peoples, places, cultures, history and environments. A true university of the world, not-for-profit Road Scholar's meaningful – often transformational – educational adventures engage people for whom learning is the journey of a lifetime.

Tips for Dedicated Village Volunteers

- Don't accept a gift or money from a member. Small handmade gifts can be accepted. Do thank them graciously for any offer.
- Do wear your San Clemente Village badge on your service calls.

Welcome New Members

Linda Howard - Full
Kathy Oshima - Social

Birthday Celebrations!



San Clemente Village would like to take you out on the town for your birthday! Every member will receive a free meal and beverage, during their birthday month!

If your birthday is in April, call us right away and register for one of the Dining Events. You can choose either Dine Around or Lunch Bunch. Check the Event Calendar and call the SCV Event Line at 949.441.1348 to register.

Here are the lucky Members for April.

Anna Mae McArthy	3/6
Gordon Hasenbein	4/5
Doris Grigg	4/7
Dale Larsen	4/11
Melissa Joncich	4/18
Debbie Rose	4/21

Social Events



“Vanya and Sonya and Masha and Spike”, now showing at the Cabrillo Playhouse, San Clemente

Please join us on Sunday, April 22, at 2:00 pm at the Cabrillo. Here is the story – Vanya and his adopted sister live a quiet life in the Pennsylvania farmhouse where they grew up. Sister Masha returns – not only unexpectedly, but with her twenty-something boy toy, Spike! So much for peace and quiet. A weekend of rivalry, regret, and raucousness.

Nominated for six Tony Awards, “Vanya and Sonya and Masha and Spike” is one of the most lauded and beloved Broadway plays.

Call the Village at 949.441.1348 and reserve your ticket – See the play with other Villagers. Need a ride? Let us know. Let’s support our local community theater and enjoy an entertaining play.

11th Annual OC Senior Summit


Age Well
Senior Services
A COMMITMENT TO THE FUTURE OF ORANGE COUNTY

DON'T MISS THE 11TH ANNUAL
**SOUTH COUNTY
SENIOR SUMMIT**


OFFICE ON AGING
ORANGE COUNTY

Laguna Woods Village®

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ORANGE COUNTY SUPERVISOR
LISA BARTLETT

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Better. Together.

***“Life Can
Change in an Instant:
Are You Ready?”***

Tim Moy
Director of Security
Laguna Woods Village

Donna Boston
Director, Emergency Management Division
Orange County Sheriff's Department

Patty Mouton
Vice President, Outreach & Advocacy
Alzheimer's Orange County

Dr. Vincent D. Nguyen
Director, CARES Program
Hoag Memorial Hospital Presbyterian

 The 2018 Senior Summit will present valuable information on Disaster Preparedness for Seniors; Unexpected Life-Altering Events, such as strokes, heart attacks, and falls; as well as End-of-Life Preparation, including Advanced Funeral Planning and more.




Friday, April 20, 2018 - 8:00 AM to 12:30 PM
RSVP required by April 13 - Call (800) 510-2020 or (714) 480-6450

Laguna Woods Village Performing Arts Center
23822 Avenida Sevilla, Laguna Woods, CA 92637
Enter at Gate 3 (Calle Aragon) off Moulton between El Toro & Glenwood

For more information, visit www.OCSeniorSummit.com

COMPLIMENTARY BREAKFAST & LUNCH!
DISASTER PREPAREDNESS BUCKETS & DOOR PRIZES!

San Clemente Library Book Group

San Clemente Book Group OC Public Libraries - San Clemente	
Location: San Clemente	
	Join us for an insightful and lively discussion on the last Wednesday of each month. April's book is Pachinko by Min Jin Lee. Books will be available at the Service Desk while supplies last.
Date: 4/25/2018 Time: 10:00 AM - 11:00 AM	
Contact: 1-949-492-3493	Add to my iCal:  Add to my Outlook Calendar: 

It's POTLUCK Time!

San Clemente Village Members, Volunteers & Guests




JOIN US FOR A SPRING
POTLUCK

At the San Clemente Historic Hotel
114 Del Mar, San Clemente, CA 92672
Public Parking is available behind the hotel.

Tuesday, April 17th from 5:00 pm – 7:00 pm

Please RSVP to: 949.441.1348 or info@scvillage.org

San Clemente Village will provide the entrees and beverages. Everyone is asked to bring an appetizer, salad, or dessert. Members and Volunteers may bring a guest, but they too, are asked to bring a dish for sharing. We're looking forward to seeing you!



General Information

San Clemente Village
P.O. Box 5761
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Board of Directors

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Sherry Reams
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Social Activities

Planned Events

Educational Programs
Living Well Initiatives
Recreational Activities

Programs & Services

Computer Assistance
Handyperson
Gardening
Transportation
Friendly Visits
Phone check-ins
Pet care

On-Going Activities

Bridge
Table Tennis
Gentle Yoga
Genealogy Interest Group
Dine Around
Lunch Bunch
Movie Matinee
Volunteer Opportunities

SC Advisory Board

Steve Walrath, CPA, Accounting A to Z

Cheryl McDowell, Non-Profit Insurance Expert, Ins. Solutions

Julie Schoen, JD, Deputy Director, National Center on Elder Abuse

Kevin Middleton, Branch Manager, F & M Bank San Clemente

Jeff Hartmann, Attorney, Estate Planning, Wills & Trusts

Debbie Rose, PhD, CSUF, Director, Center for Successful Aging

Christine Barone, Marketing Professional & Art4Healing Facilitator

Thank You - to the following supporter(s):

San Clemente Junior Women's Club

- This award will support our Live Well initiative which features, *Stay Well at Home* a fall reduction program.