



**Silverado-Modjeska Recreation & Park District (SMRPD)
& Age Well Senior Services (AWSS)**

will kick off a new program for all Canyon Seniors
(Silverado, Williams, Baker, Modjeska)

starting early **June 11th & 25th**, and thereafter offering weekly lunches
each **Thursday** at the **Silverado Community Center**. **Call (714) 649-2850 to RSVP.**

AWSS will provide lunches for a suggested donation of \$4.50 for any members
of the community 60 years or older, with others in the community
also welcome for lunch at a cost of \$6.00

AWSS is a non-profit in Laguna Hills which serves many hundreds of seniors
in Orange County (Laguna Beach, Laguna Hills, Rancho Santa Marguerita, etc.)
with healthy, delicious hot and cold lunches designed by a nutritionist
and prepared by Langlois Foods in Laguna Beach.

The doors will open on Thurs. at 11:00 am for early birds, with coffee
and pre-lunch activities such as newspapers, magazines, cards, puzzles, games,
ping pong, foosball, or just chatting with friends to catch up.

Lunch will be at noon, followed by possible activities such as bingo, card games, a movie,
story swaps, "share your passion" demonstrations and talks from local Orange County residents,
musical collections and performances, computer classes, etc.

This is a new program for the Canyons. We hope you, your family and friends
will come and enjoy this program and share ideas of what you want to do.
Depending on our residents' needs this can easily grow into a bi-weekly program.

Also, **SMRPD & AWSS** will offer lunches at home for any seniors who live without a caregiver
and are unable to leave their homes because of physical constraints.
Meals are delivered to your door in packages of 5 frozen lunches
for a suggested donation of \$20.

(This is similar to the Meals on Wheels programs offered throughout the country)

**Age Well[®]
Senior Services**



**Hope to see you, your friends,
and family starting in June!**

John Olson
SMRPD, President

Note: if you would like to volunteer as a greeter, to order or to set up for lunches, to deliver lunches, or for activities, we need your help.
Please contact John Olson of SMRPD to volunteer or if you have questions or suggestions at johnolson@smrpd.org, or call 714-649-2850.
And look for more information at the SMRPD webpage (www.smrpd.org) and our FaceBook page for more details.