

# VILLAGE BREEZE

MAY/JUNE 2025



Recreation | Amenities | News | Services | More



# Women's Health Pavilion Open in Laguna Hills

The Women's Health Pavilion is designed specifically for women, offering a one-stop-shop approach to women's health care. In a spa-like environment, women have access to:

- The Sarah & Taylor Nederlander Breast Center
- Women's Surgery & Oncology Suite
- Community Education Center & Patio
- OB/GYN & Certified Nurse Midwife Suite



Learn more at  
[memorialcare.org/womenshealthpavilion](https://memorialcare.org/womenshealthpavilion)

  
**MemorialCare**<sup>™</sup>  
Saddleback Medical Center





## Where the Past and Future Intersect

Does it seem like technology is advancing faster than ever? Just one generation ago, my mother grew up without electricity—on a self-sufficient farm in 1930s Ukraine. The horses and cows lived in a room connected to the house to provide warmth—common practice before electricity became widespread. People lived in close contact with animals, relying on them for many things we take for granted today. Beyond heating our homes, animals worked for us and provided food, clothing, transportation—and companionship.

Today, companion animals—especially dogs and cats—remain an important part of our lives and families. But for most of us, large domesticated animals are no longer part of our daily experience. That absence may leave a void we don't even realize exists—until we encounter the calming, therapeutic effect animals can have on us in a place like the Village's own Equestrian Center.

Over the decades, the Equestrian Center has taught thousands to ride and brought generations together through a shared love of horses. In the pages ahead, you'll read personal stories that reveal why this historic facility—the first amenity in the Village—is such a rare and cherished gem.

Medical science, too, is progressing faster than ever, with groundbreaking innovations that are reshaping how we age—and what we can expect for our health in the years to come. Ellyce Rothrock explores some of the most promising breakthroughs and what they could mean for all of us.

Finally, Broadband Services General Manager Paul Ortiz shares what fiber internet means for our lives today—and how this technology could impact future generations. His article highlights how innovation is transforming one of the Village's most valuable assets.

*Susan*

**Susan Logan-McCracken, Managing Editor**

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*Cover photo by Mark Rabinowitch*



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Every Village Breeze edition is paid for through a partnership with MemorialCare.





# VILLAGE BREEZE

The official magazine of  
Laguna Woods Village

MAY/JUNE 2025

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**VILLAGE BREEZE MAGAZINE:** Published six times a year by the Golden Rain Foundation (GRF) of Laguna Woods Village. ©2025 GRF. The diverse opinions expressed in Village Breeze magazine do not necessarily represent the views of the editors, Village Management Services Inc. management or administration, the GRF Board of Directors or the Village Breeze Advisory Board. Village Breeze magazine welcomes comment from its readers to [info@lagunawoodsvillage.com](mailto:info@lagunawoodsvillage.com) or Village Breeze, 24351 El Toro Road, Laguna Woods, CA 92637.

**EDITORIAL SUBMISSIONS:** Village Breeze content is generated by the GRF Media and Communications Committee, its advisors and the Village Management Services editorial team. The purpose of this publication is to provide important community information in a concise format to the Residents of Laguna Woods Village. A digital edition is available at [lagunawoodsvillage.com](http://lagunawoodsvillage.com).

Unsolicited manuscripts and content suggestions are welcome for possible future use in the Village Breeze or other VMS publications. Acknowledgement of unsolicited manuscripts is in no way a suggestion or guarantee of publication.

Submit concise editorial ideas as a one-page letter accompanied by recent writing samples to [info@lagunawoodsvillage.com](mailto:info@lagunawoodsvillage.com) or to Village Breeze, 24351 El Toro Road, Laguna Woods, CA 92637. Include your full name, phone number, email address and manor number. To receive a copy of the Laguna Woods Village Style Guide and editorial guidelines, email [info@lagunawoodsvillage.com](mailto:info@lagunawoodsvillage.com).

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of LAGUNA WOODS

  
Village Management Services, Inc.

  
THIRD LAGUNA HILLS  
— M U T U A L —

  
THE TOWERS  
Laguna Woods Village

  
UNITED LAGUNA WOODS  
— M U T U A L —

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# ASBESTOS CONCERNS ADDRESSED

When a planned town hall on asbestos abatement fell through, the City of Laguna Woods and the Village's Manor Alterations Division made sure residents' voices were still heard. They gathered community questions and submitted them directly to

the South Coast Air Quality Management District (SCAQMD). Now, with approval from Third's and United's Architectural Control and Standards committees, SCAQMD's detailed responses are available online.

Read the full Q&A at [bit.ly/4jxyUg1](https://bit.ly/4jxyUg1).



## Always Carry Your VILLAGE ID

Residents must carry their Village ID card when attending any GRF event or visiting facilities such as the fitness centers and the table tennis room on the third floor of the Community Center. Your ID is also required for gate entry if your vehicle does not have an RFID decal. Please note that Gate 12 always requires residents to present their Village ID.

Nonresident guests must be accompanied by a resident while inside the Village or when using amenities. Do not share your ID with others.

If you see nonresidents using amenities without a resident host, please contact Security Services immediately at **949-580-1400**.







## SENIOR-FOCUSED CARE

MemorialCare Medical Group 55+ Laguna Woods is now open and welcoming patients at 24268 El Toro Road. This new location expands access to high-quality, senior-focused care for adults ages 55 and older throughout Orange County.

With 10 exam rooms, a dedicated procedure room for wound care and an on-site lab offering early morning appointments, the facility is designed with the needs of older adults in mind.

Starting this summer, the center will add even more services, including:

- A referral coordinator to simplify specialty care scheduling
- Gait and balance training
- Nutrition workshops
- Consults with a pharmacist and dietitian
- Rotating specialists in neurology, gynecology and gastroenterology

As part of the MemorialCare Health System, patients also benefit from a direct connection to Saddleback Medical Center for advanced specialty care when needed.

The center is open Monday through Friday from 8 a.m. to 5 p.m.

To schedule an appointment, call **657-241-8475**. For more information, visit [memorialcare.org/saddleback](http://memorialcare.org/saddleback).

## Drive With Care at the Community Center

The Laguna Woods Village Community Center is a busy hub of activity. Residents and staff are constantly coming and going to access Resident Services, Recreation and Special Events, the fitness center and third-floor amenities like table tennis, computer labs and the multipurpose room. With so much foot and vehicle traffic, please stay alert and watch for pedestrians. Use extra caution when driving through or parking at the Community Center. The recommended speed limit in the parking lot is 5 to 10 mph.





# SCAM ALERTS: STAY SMART, STAY SAFE

Scammers never sleep—and they're always looking for ways to get your money or your identity.

**Watch for fake toll messages.** If you get a text about unpaid tolls from FasTrak or The Toll Roads, it's probably a scam. Don't click links or respond. Delete the message and visit the official agency website directly to check for any legitimate charges.

**Protect your mail.** Sign up for the United States Postal Service's free Informed Delivery program to preview incoming mail, track packages and stay a step ahead. Always collect mail and packages promptly.

**Don't pick up unknown calls.** Ignore calls from numbers you don't recognize. Never share

personal information unless you've confirmed who you're speaking with. When in doubt, look up the organization and call them back using a verified number.

**Scrutinize emails.** Phishing scams often use fake email addresses, odd spelling or sketchy attachments. Be cautious. If anything looks off,

don't click—just delete.

**Check your credit.** Monitor your credit for free at [AnnualCreditReport.com](https://www.annualcreditreport.com) and consider identity theft protection services for added peace of mind.

Scammers are getting smarter, but so can you. Stay alert, trust your instincts and protect what matters most.



## DON'T FALL FOR DISTRACTION THEFT

Distraction theft happens when you least expect it. Thieves use friendly conversation, offers to help or emotional appeals like hugs or prayers to catch you off guard and steal valuables such as wallets, jewelry or phones. These scams often involve more than one person and frequently occur in store parking lots and public areas.

The Orange County Sheriff's Department shares these simple tips to help you stay safe:

- **Stay aware.** Be cautious if approached by strangers. Keep an eye on your surroundings and belongings.
- **Travel light.** Carry only essentials. Use zippered bags and keep valuables in your front pockets.

- **Protect your space.** Don't let strangers touch you or place items like jewelry on you.
- **Choose wisely.** Need help with groceries? Ask a store employee—not a stranger.
- **Secure your vehicle.** Lock your doors right away. Only speak to strangers through a slightly cracked window.
- **Speak up.** If someone gets too close or makes you uncomfortable, firmly say "No!" to draw attention to the interaction.

If you experience or witness distraction theft, report it immediately.

Call the Orange County Sheriff's Department at **949-770-6011**, or **9-1-1** if it's an emergency. Learn more about crime prevention at [ocsheriff.gov](https://www.ocsheriff.gov).





# Managing Change: Support and Strategies

*By Arna Vodenos, NAMI Orange County  
Warmline Clinical Director*

Change can be difficult at any age, but it often feels especially challenging for older adults. During times of transition, it's common to feel a loss of control. One of the best ways to regain a sense of balance is by focusing on what you can control.

Start by setting small, realistic goals and breaking them into manageable steps. Each small success builds momentum and helps you feel more grounded. Maintaining a consistent daily routine can also provide a valuable sense of stability.

It's okay to ask for help. Family, friends, therapists, caregivers and others can assist you with planning and preparing for challenges. Thinking ahead and identifying potential obstacles

allows you to take action before issues arise. Educating yourself about upcoming changes can also boost your confidence and sense of readiness.

Managing stress is key. Mindfulness and relaxation techniques—like meditation, deep breathing or yoga—can help calm your mind. Even something as simple as walking barefoot on the grass near your manor or visiting a nearby park can help you reconnect and stay present. And when stress or anxiety feels overwhelming, talking with a trusted friend, family member or therapist can make all the difference.

## **SUPPORT IS AVAILABLE**

NAMI Orange County's Silver Companions program offers

one-on-one compassionate listening for adults 50 and older. Trained volunteers provide encouragement, empathy and practical tools for mental wellness. Call **714-544-8488** or visit **[namioc.org](http://namioc.org)**.

Need someone to talk to? The NAMI OC Warmline offers two free 20-minute calls every 24 hours. Trained peer support specialists offer a listening ear and connect you with helpful resources. Call or text **714-991-6412**.

You don't have to face change alone. Help is here.

Remember, VMS' Social Services Division is also available weekdays from 8 a.m. to 5 p.m. at **949-597-4267** or from 8 a.m. to 4 p.m. for walk-in services.



## WHAT'S UP IN THE VILLAGE

## New Fire Hazard Severity Zone Map

The California Department of Forestry and Fire Protection (CAL FIRE) has released updated Fire Hazard Severity Zone maps for Southern California, including Laguna Woods. These maps classify areas as “moderate,” “high” or “very high” fire hazard zones based on factors such as vegetation (fuel), slope, fire weather and wind patterns.

The maps help determine where defensible space standards

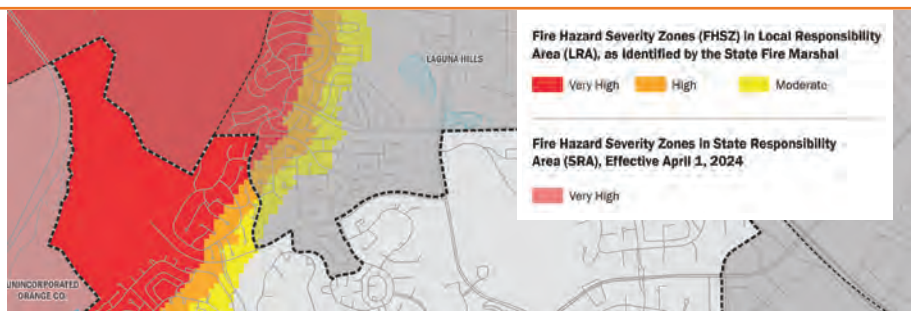
(including upcoming Zone 0 regulations) and wildland-urban interface building codes apply.

By state law, cities must adopt these updated maps within 120 days and cannot reduce the designated hazard zones.

View the updated Fire Hazard Severity Zone map for Laguna Woods at [cityoflagunawoods.org/projects](https://cityoflagunawoods.org/projects) and at Laguna

Woods City Hall (24264 El Toro Road) during business hours.

Laguna Woods City Council will consider adopting the updated map at its regular meeting on Wednesday, May 21, at 2 p.m. at city hall. Direct questions and comments to the city's Planning Division at [planning@cityoflagunawoods.org](mailto:planning@cityoflagunawoods.org) or [949-639-0561](tel:949-639-0561).



## AVOID MOSQUITOES!

Mosquitoes don't respect fences—they fly freely from yard to yard, spreading disease across Orange County. That's why eliminating standing water on your property isn't enough. We all need to pitch in. Help protect your community: Dump and drain any standing water you find.

The Orange County Mosquito and Vector Control District (OCMVCD) works year-round to stop mosquitoes from breeding and biting. OCMVCD also educates the public on controlling the spread of mosquito-borne diseases in an environmentally responsible manner.

### Fast Facts

- Mosquitoes need water to breed—just five to seven days is enough to complete their life cycle.
- Most mosquitoes come from small backyard sources: birdbaths, buckets, bromeliads, plant saucers—even a bottle cap.
- Only female mosquitoes bite, and their bites can transmit diseases to people and pets.
- Adult mosquitoes rest in grass and shrubs but don't breed there.

### Know Your OC Mosquitoes

#### Culex (southern house mosquito):

- Breeds in gutters, ponds, and green pools
- Active at dusk and dawn
- Spreads West Nile virus and encephalitis

#### Aedes (Asian tiger/ankle-biter):

- Breeds in small containers (saucers, buckets)
- Eggs survive dry conditions for years
- Bites aggressively during the day
- Can transmit Zika, dengue, yellow fever and canine heartworm

### Mosquito-Proof Your Home

- Keep doors and windows screened and in good repair.
- Dump water from plant saucers and containers regularly.
- Scrub birdbaths and pet bowls weekly.
- Store empty containers upside down or covered.

### Protect Yourself Outdoors

- Use EPA-registered repellents with DEET, Picaridin, IR3535, or oil of lemon eucalyptus.
- Wear long sleeves, long pants and light-colored clothing.

Visit [ocvector.org](https://ocvector.org) for more information.



# VILLAGE ROOF FIRE SAFETY



In light of the recent wildfires in Los Angeles, some residents have asked about the fire safety of roofs in our community. While no roofing material is entirely fireproof, it's important to know that all

residential roofs in United and Third Mutuals—as well as those on GRF facilities—meet current building and fire code standards.

All Village roofs carry a Class A fire rating, the highest level of fire

resistance, meaning they offer strong protection against severe fire exposure.

Additionally, all roof and attic vents are equipped with protective screens, and all fireplace chimneys include spark arrestors to help prevent ember intrusion.

If you notice a damaged screen or spark arrestor on your unit, please contact Resident Services ([residentservices@vmsinc.org](mailto:residentservices@vmsinc.org), 949-597-4600) to request an inspection and, if needed, a repair or replacement.



## 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.



# THE FUTURE OF HEALTH

Breakthroughs that matter  
for adults 55 and over

*By Ellyce Rothrock*

**M**edical science is advancing faster than ever, and many of the most exciting developments are especially meaningful for people age 55 and older. Whether helping you manage a chronic illness more easily, stay mentally sharp longer or reduce your risk of serious disease, these innovations are changing how we age—and what we can expect for our health in the years to come.

Here's a look at some of the most promising breakthroughs and what they could mean for you or someone you love.

## A NEW WAY TO FIGHT CANCER

For decades, cancer treatment has relied on surgery, chemotherapy and radiation. While effective, these approaches can be hard on the body. Now, scientists are exploring a gentler and more targeted strategy: personalized cancer vaccines.

These vaccines use mRNA technology—the same science behind the COVID-19 vaccines—to train your immune system to recognize and attack cancer cells based on your unique tumor profile. Companies like Moderna and BioNTech are leading this charge.

In a major study published in 2023, Moderna and Merck tested a personalized cancer vaccine for melanoma. The results were promising: When combined with the immunotherapy drug Keytruda, the vaccine reduced the risk of cancer returning by 44%.

Another vaccine from BioNTech showed that patients who received it developed strong immune responses that lasted for years. These advances are still in clinical trials, but they point to a future when cancer treatment is not only more effective, but also easier to tolerate—especially important for older adults.

## NEW HOPE FOR ALZHEIMER'S

Few diseases cause more fear and heartbreak than Alzheimer's, which affects nearly 7 million Americans, most over the age of 65. Until recently, available treatments could only manage symptoms, not slow the disease itself.

That changed in 2023 when the FDA granted traditional approval to Leqembi, a drug that removes harmful plaques from the brain—one of the key features of Alzheimer's. In clinical trials, Leqembi slowed cognitive decline by about 27% in people with early-stage Alzheimer's.

It's not a cure, but it's the first real step toward changing the course of the disease. For patients and families, that could mean more time with independence, clarity and connection. The Alzheimer's Association supports the drug's use and says it represents hope for millions.



## MANAGING DIABETES WITH LESS HASSLE

Living with diabetes—especially type 1 or insulin-dependent type 2—often means constant monitoring, carb counting and insulin injections. It's a heavy burden, particularly for older adults.

The FDA recently approved a groundbreaking device called the iLet Bionic Pancreas. This small wearable system acts like a real pancreas—automatically checking your blood sugar and giving you the right amount of insulin—no math or carb counting required.

It's a game changer. Clinical trials have shown that it helps people spend more time in their target blood sugar range and lowers the risk of dangerous highs and lows. For older adults with vision issues, memory concerns or limited mobility, this kind of automation offers freedom and peace of mind.

## TWICE-YEARLY SHOT TO LOWER CHOLESTEROL

Many people over 55 take statins to control their cholesterol, but not everyone can tolerate them. Side effects like muscle pain or digestive upset are common reasons people stop taking their meds—but doing so can raise the risk of heart attack or stroke.

Now there's another option—inclisiran, sold under the brand name Leqvio, is a cholesterol-lowering injection given just twice a year. It works differently than statins by using RNA to block a protein that causes high LDL (“bad”) cholesterol.

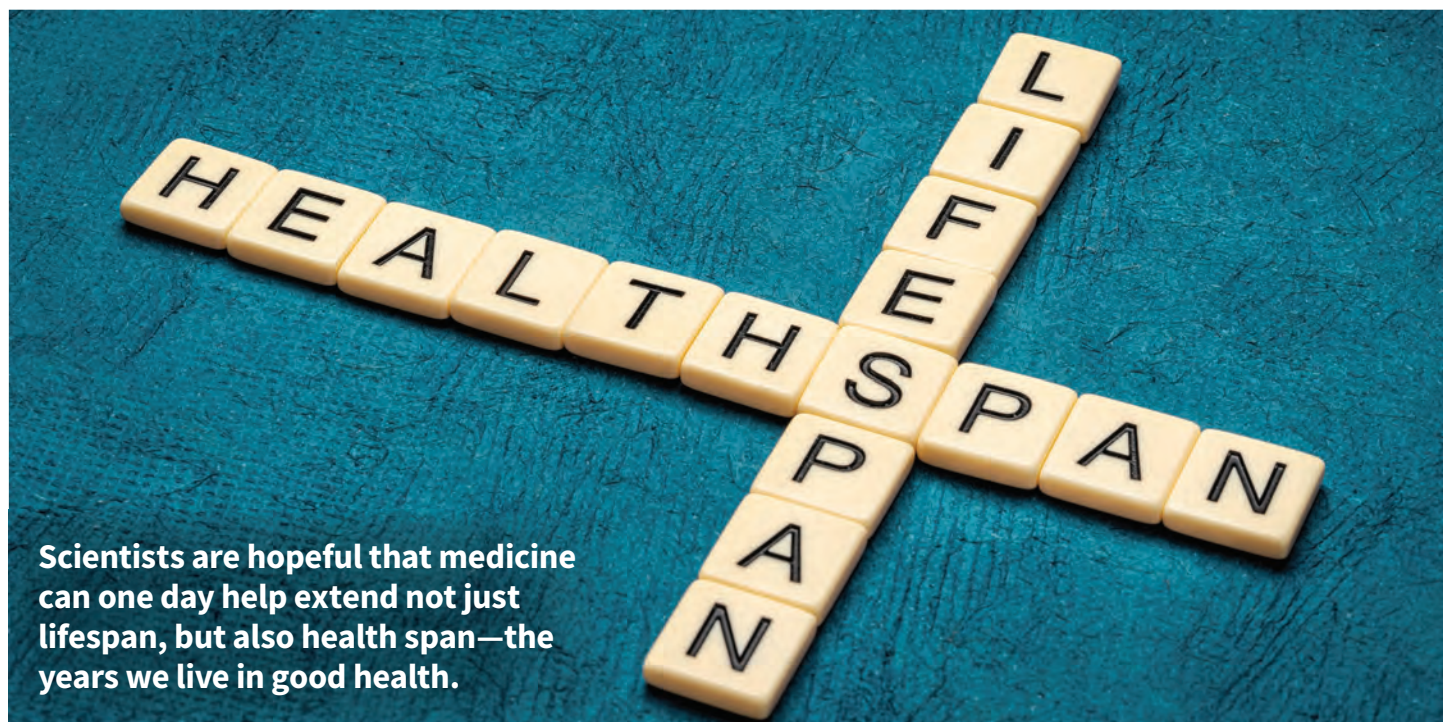
In clinical studies, inclisiran lowered LDL cholesterol by up to 50% and may help reduce the risk of cardiovascular events. For people with heart disease or high risk factors, this long-acting medication offers a convenient and effective new tool. Inclisiran is prescribed in conjunction with or as an alternative to statins.

## RESTORING GUT HEALTH WITH A CAPSULE

If you've ever had a C. difficile infection, you know how miserable and dangerous it can be. It often affects older adults who have taken antibiotics, and it has a high risk of returning—again and again.

However, the FDA recently approved Vowst, the first oral capsule that uses healthy bacteria to restore balance in the gut and prevent recurrence. Unlike fecal transplants, which can be invasive, this treatment is simple and noninvasive.

Research from the National Institutes of Health and the Mayo Clinic supports the use of this therapy, and the results are promising. Many patients who take Vowst stay infection-free without needing further antibiotics. It's a big step forward for older adults dealing with digestive issues and antibiotic-related complications.



Scientists are hopeful that medicine can one day help extend not just lifespan, but also health span—the years we live in good health.

**NEW HOPE FOR  
AUTOIMMUNE DISEASES**

Autoimmune diseases, like lupus, are notoriously difficult to treat. They occur when the immune system mistakenly attacks the body, and many treatments involve strong immune-suppressing drugs with serious side effects.

Now researchers are testing an exciting alternative: CAR-T cell therapy, originally developed to fight blood cancers. In a small study published in Nature Medicine, patients with severe lupus went into remission after receiving a

single CAR-T cell treatment. The process involves collecting a patient’s immune cells, reprogramming them to stop attacking healthy tissue and then inserting them back into the body. It’s still experimental and not yet widely available, but the results so far suggest it could offer long-term relief without the risks of traditional medications.

**HEALTHY AGING AND  
‘ZOMBIE’ CELLS**

What if we could actually slow down the aging process? That’s

the idea behind senolytics, a new class of drugs that target senescent cells—often called “zombie cells”—that accumulate with age and contribute to inflammation and disease.

These damaged cells don’t die off like they should, but instead release harmful chemicals that can lead to frailty, dementia and chronic diseases. In a pilot study published in The Lancet, older adults who took senolytic treatments saw improvements in mobility and cognitive function.

AREA	BREAKTHROUGH	WHY IT MATTERS
Cancer	mRNA personalized vaccines	Targets tumors specifically; fewer side effects; may lower recurrence risk
Alzheimer’s	FDA-approved Leqembi (lecanemab)	Slows early-stage cognitive decline, a shift from symptom management to disease control
Diabetes	Artificial pancreas systems	Automates insulin delivery; offers safer and easier glucose control for older adults
Heart Health	Leqvio (inclisiran), biannual cholesterol injection	Used as an alternative to or in conjunction with statins; cuts LDL, lowers heart disease risk with fewer doses
Digestive Health	Vowst, oral fecal microbiota capsule	Restores gut balance, prevents recurring C. diff infections common in seniors
Autoimmune Disease	CART-T cell therapy for lupus (in trials)	Offers drug-free remission for severe cases, potential new path for hard-to-treat diseases
Healthy Aging	Senolytics targeting “zombie” cells	Could delay frailty, cognitive decline and other aging effects





**From smarter devices to game-changing medicines, medical breakthroughs are transforming what it means to grow older.**

The National Institute on Aging is funding additional research, and scientists are hopeful that these drugs could one day help extend not just lifespan, but also health span—the years we live in good health.

#### **WHAT THIS MEANS FOR YOU**

From smarter devices to game-changing medicines, these breakthroughs are transforming what it means to grow older. For many adults over 55, they represent more than medical advances—they represent hope.

Here's how to make the most of these developments:

- **Talk to your doctor** about whether any of these innovations are right for you.
- **Stay informed** by following

trusted sources like the FDA, Mayo Clinic and Alzheimer's Association.

- **Participate in clinical trials** if you're eligible—research

needs volunteers of all ages to move forward.

The future of medicine is no longer decades away. It's here, and it's changing lives today.



**Whether helping you manage a chronic illness more easily, stay mentally sharp longer or reduce your risk of serious disease, medical innovations are changing how we age.**



# A Community OASIS

Lovingly maintained for all to share, the Equestrian Center offers a one-of-a-kind retreat in the Village.

*By Laura Cobarruviaz, Senior Equestrian Supervisor*

**Ross Cortese (left) overlooks the building progress at the stables in 1965.**

## A FULFILLING PART OF MY LIFE

*By Lynne Nicholson*

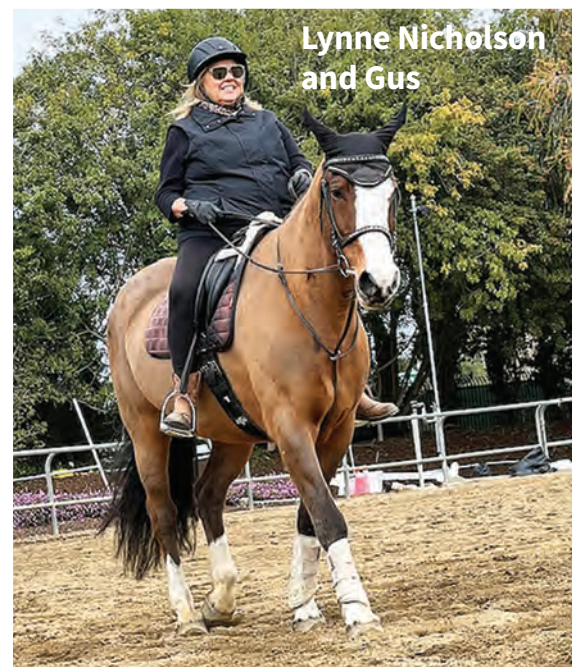
I grew up in Ohio and later moved to Los Angeles, where I'd only been on a horse twice. After my husband and I moved from Pasadena to Laguna Woods Village in 2017, I quickly discovered one of the Village's greatest amenities—the Equestrian Center.

From my very first visit to “the barn,” as we affectionately call it, I felt a warmth and welcome that made me want to be part of it. I joined the Saddle Club, started volunteering at events and began taking riding lessons.

Over the years, I've shared a horse named Persi with a dear friend who taught me so much about horse care. I've taken all 18 horsemanship classes, gone on trail rides, mucked stalls (great exercise!), volunteered in the office, given tours and served as a Pony Pal for a very special horse named O'Hara. Recently, I also learned the ins and outs of morning and evening volunteer shifts.

I've been part of the Saddle Club for eight years now, including two years as president. This experience has brought me into a wonderful community of people from all walks of life. What we share is a love of horses. I enjoy putting on my old barn clothes, getting a little dirty and spending time in a cheerful, peaceful place. We are truly fortunate to have this unique amenity right here in Laguna Woods Village.

**T**ucked behind a Starbucks and a long green shade-cloth fence on the now-busy El Toro Road lies a special place—one that's been part of Laguna Woods Village since the beginning, when this land was still open grassland, cattle ranches and orchards. The Village's early developers imagined a shared community rich with recreation, and they brought that vision to life by acquiring an old working



**Lynne Nicholson  
and Gus**



ranch barn and the surrounding land, which became the very first community amenity.

That former ranch—once called El Rancho Cortese Stables—transformed into the Village’s first recreation facility in 1964 when four horses were purchased for resident use. The original buildings still stand today, lovingly preserved and now home to a vibrant hub of activity. Residents board horses, take lessons, enjoy daily tours and attend festive events held throughout the year.

The Equestrian Center now serves up to 60 residents weekly and boards about 30 horses at any given time. With mature landscaping, a spacious arena and happy, well-cared-for horses, the center offers countless ways to enjoy this hidden gem.

Over the decades, the center has taught thousands to ride—sometimes across generations. You may recall the story of the late resident Kathy Bonsangue, shared in the June/July 2022 Village Breeze (Find “The Light of Love, Beginning to End” at [bit.ly/4i47VYb](https://bit.ly/4i47VYb), pages 16-19). After losing the ability to speak following a stroke, her interaction with the horses helped her reconnect, enabling her to greet staff and speak again with her son.

The Equestrian Center’s impact stretches far and wide. Whether you’re an animal lover, an outdoor enthusiast, a returning rider or a resident seeking a home for your horse,

## MY HORSE JOURNEY

*By Robin Brooks*

Horses! That’s what I feel every single time I drive into the Equestrian Center.

Growing up near Chicago, horses were nowhere in sight. I didn’t know anyone who had one. But I remember sitting in the backseat, watching horse trailers pass by, wishing for lessons I never got. As an adult, I’d sneak in a trail ride on vacation when I could—but it was never enough.

After COVID, the day the Equestrian Center reopened, I signed up for lessons. I was immediately impressed by Laura Cobarruviaz’s professionalism and couldn’t believe this incredible facility was just five minutes from my manor. I started volunteering—sweeping, scrubbing buckets, leading horses and soaking up every moment.

But even two lessons a week wasn’t enough. I realized I wanted more. After much thought and soul-searching, I decided to take the plunge and get my own horse. That’s when Laura helped me find Tessa—a half Arabian, half American quarter horse mare who has been the perfect partner.

Soon after, my husband Bill joined me. He started taking lessons on the GRF horses and became part of the journey. Now, every day brings something new. The Equestrian Center has opened up a world of discovery and joy I never thought possible.



**Bill Brooks and Cartano, Robin Brooks and Tessa**



# MY EQUINE PARTNER

By Pam Caskey

Since I was 5, I've loved horses—the smell, the soft muzzles, the kind eyes, the freedom of a ride through fields and woods. I grew up in Maryland with ponies and horses, and I learned early that their care came first.

As a teen, I showed horses at regional and national levels, thanks to the Annapolis Pony Club. But as life moved on, the saddle had to wait. Still, I never gave up on returning to it someday.

In 2012, I bought my manor in Laguna Woods Village specifically for its Equestrian Center. After retiring, a serious car accident in 2018 left me with nerve pain. I needed something to look forward to—something that would lift me up. That's when I knew it was time to reconnect with horses.

At first, I planned to find a calm, mature trail horse. But during my search, a 20-month-old quarter horse filly nickered at me. We locked eyes, and I knew she had chosen me. Her name is Shelly.

She stayed on her Michigan farm to grow and train, and I visited whenever I was back east. On St. Patrick's Day 2021, she arrived at the Equestrian Center. Since then, with the help of Equine Generalist and Head Instructor Jennifer Reynen, we've trained in dressage and even competed locally—earning four 2024 year-end awards.

My health has improved, my bone scans are now normal and my doctors say, "Whatever you're doing—keep doing it." Every morning I wake up thankful for the bond I have with Shelly and the place that made it possible.



**Jennifer Reynen lunges Shelly.**

there's something here for you. Founded in 1966, the Saddle Club continues to thrive—hosting parades, BBQs, coffee socials, fundraising events and even conducting mounted safety patrols in its earlier years.

If you love horses, now's the time to explore all the Equestrian Center has to offer. Join us for a tour, cheer on riders at the Village Games, volunteer around the barn, enjoy Saddle Club events or sign up for our top-notch riding lessons. This historic facility is a rare breath of fresh air in the middle of Laguna Woods Village and to be preserved, cherished and shared by all residents.



**Pam Caskey and Shelly**





Mark Rabinowitch

## FUTURE EQUINE VETERINARIAN

*By Narissa Levenstein*

I've been coming to the Equestrian Center since I was 10. Before I even started riding, my mom would bring me to visit the stables—just like her own mom once brought her. Three generations of my family have made memories in the same arena.

Taking lessons as a kid allowed my mom, a single parent, to share her passion with me. And it gave my grandparents the joy of seeing that passion passed down.

Now I'm 20 and home from college during the summer, working at the stables that helped raise me. The horses, the residents, my coworkers—they've all played a part in shaping who I am today. I've made lifelong friends and found a deep purpose.

The Equestrian Center helped spark my dream of becoming an equine veterinarian. I've learned so much more than I ever expected—about horses, about people and about myself. When I was 10, I was shy and quiet. Now, I'm teaching lessons, giving tours and connecting with people every day.

I'm so grateful to Laura Cobarruviaz, Jennifer Reynen and the entire community that makes this place feel like home. I can't imagine where I'd be without it.



**Narissa Levenstein  
and PC**



# TRANS-ATLANTIC JOURNEYS

Active travelers, fossil fanatics, food lovers, volcano viewers and history buffs will find adventure in European destinations.

*By Kim Campbell Thornton*

**W**hen I wrote about travel for the previous issue, I had to leave some destinations on the cutting-room floor. Since then, I have unexpectedly traveled to one of them and was given the opportunity to include it and other places in this article. Active travelers, fossil fanatics, food lovers, volcano viewers and history buffs will all find adventure in these European destinations.

## ICELAND

Despite my lack of fondness for cold weather, I found myself on a plane to Iceland in February. I realized that month was likely my best opportunity to see the aurora borealis until the next winter rolled around, and for that time period I already had visions of a Nile cruise dancing in my head. I sold my husband on the spur-of-the-moment (about six weeks in advance) trip by saying, “It’s a tour. You won’t have to drive anywhere.” He was in.

The flight involved an overnight in London, so we jumped on the Tube after dropping our bags at the airport hotel and went to Daunt, a gorgeous travel bookstore in the Marylebone neighborhood, and then to dinner at Lita, just around the corner. The next morning, we flew into Reykjavik for what was a wonderful week of sightseeing around this land of fire and ice.

While we didn’t see any volcanoes spewing lava, our adventure with Intrepid Travel included a glacier hike (crampons, ice axe and all); a walk between worlds at Thingvellir National Park, where there’s a pathway between the North American and Eurasian tectonic plates; hikes to stunning waterfalls, including magnificent Gullfoss Falls; black sand beaches and basalt columns; a geyser eruption; ice cream at a farm with an audience of dairy cows monitoring whether we enjoyed their output; a walking tour of compact Reykjavik; and a languorous soak at one of Iceland’s many hot springs. It hardly mattered that we did





not catch even a glimpse of the northern lights.

The five other members of our group, plus our guide, Arni, were delightful co-travelers, and the hosts at our four-night farm stay served up comfortable lodgings and bountiful food. My knitter friends followed our travels enviously, because thanks to the distinctive wool of Icelandic sheep, knitting tourism is popular there. I'm already wondering when I can go back—maybe in summer so I can experience the distinctive gait of an Icelandic horse, see puffins and snorkel between the tectonic plates of North America and Eurasia.

**Best time to visit:** Year-round.

**Drawbacks:** It's cold, but with proper clothing it's easy to stay toasty.

**Perfect for:** Hikers, horseback riders, knitters, volcano viewers.



Iceland





**Durdle Door in  
Dorset, U.K.**

### **DORSET, U.K.**

I've been a fossil nerd ever since I found an unusual-shaped rock in southern New Mexico, hit it just right with my trusty rock pick (doesn't every 10-year-old have one?), and watched it split open to reveal a marine fossil inside. When we went to the U.K. last fall, I decided there was no better time to visit the World Heritage Site Dorset coast—aka the Jurassic Coast—home of 19th-century fossil collector and paleontologist Mary Anning and still the source of fossil finds today. Its Triassic, Jurassic and Cretaceous cliffs overlook arches, pinnacles and stack rocks such as Durdle Door and Old Harry Rocks. You can book a fossil-hunting tour or just enjoy the ones on view at local museums. But you don't have to be into rocks to appreciate Dorset's coast and countryside.

The county is renowned for its seafood, cheeses (Dorset Blue Vinny is well known to blue cheese aficionados) and other dairy products, from cultured butter to ice cream, and local meats and produce. It's not unusual to see food products from Dorset touted on the menus of fine London restaurants focusing on British cuisine (yes, there's great food in Britain).

Regency and World War II-era history buffs will also find much of interest. Lyme Regis is well known to Austenites as the place where Jane Austen set many scenes from her novel "Persuasion," and it remains a charming, beautiful seaside resort today with Georgian architecture and a number of excellent restaurants.

Other places to visit include Weymouth, which has a historic harbor that served as a major

departure point for D-Day and, farther back, was a favorite vacation spot of George III. For hikers, the Southwest Coast Path goes through this area. Swanage Railways' steam train takes riders through the Purbeck Hills from Norden to Swanage with a possible stop at the ruins of 1,000-plus-year-old Corfe Castle. Manor houses, bluebell woods and the Cerne Abbas Giant offer more to discover. Give yourself more than the four days we spent there.

**Best time to visit:** June-September probably has the warmest weather, but summer months also bring lots of holiday-makers.

**Drawbacks:** Rain.

**Perfect for:** Hikers, history buffs, literature lovers (Thomas Hardy, T.E. Lawrence and Enid Blyton are all associated with Dorset), geology/paleontology nerds.



## TRIESTE, ITALY

Coffee culture, grand architecture, castles and caves: Cosmopolitan and multicultural Trieste is the Italian city you might never have heard of, but it's well worth a visit. Situated on the Adriatic coast across from Venice, Trieste has long been a draw for writers, merchants, musicians, scientists and, yes, coffee lovers—hence the nickname Vienna by the Sea.

It's unofficially considered Italy's coffee capital, and coffee has been a large part of the city's economy since the 18th century, when Trieste was declared a free port by its then-Austro-Hungarian rulers. That's right, Trieste was part of the Austro-Hungarian Empire from 1382 until its collapse after World War I, only joining Italy in 1918. The city even had a stint as an independent city-state from 1947 to 1954. At any rate, the tax-free trade attracted dealers in coffee beans from the Ottoman Empire and the city became a source for "the devil's drink,"

as 16th-century Europeans called it, suspicious of the jittery feeling it gave them. But they were no match for coffee, which charmed even Pope Clement VIII, and today Trieste's squares are filled with historic coffee houses such as Caffè San Marco, Caffè Tommaseo and Caffè degli Specchi, all of which are crowded with students, travelers and residents.

The city's grand architecture mirrors Habsburg glory days and Ottoman influence. Piazza Unità d'Italia, lined with neoclassical buildings, claims the title "largest seafront square in the world." Nearby is the Grand Canal (not so grand as the one in Venice), lined with small boats on either side. You can walk your dog along the Molo Audace, a long pier in the center of the city popular with people making their daily "passeggiata" or just sitting and enjoying the view of sailboats and cruise ships. You can appreciate the ornate Saint

Spyridon Serbian Orthodox Church or make a steep climb to the ruins of a Habsburg castle atop San Giusto Hill with forever views of the Gulf of Trieste.

Trieste serves as an excellent base for day trips to Ljubljana, Slovenia, and the towns of Rovinj and Motovun in Croatia. A return trip is in order to visit Miramare Castle, the massive karst Grotta Gigante (giant cave) and ITS Arcademy (the museum of art in fashion), eat more good food (Enoteca Nanut was a favorite) and simply soak up the atmosphere.

**Best time to visit:** April through July, although we were there in November and while there was some rain and wind, it wasn't too cold.

**Drawbacks:** Not especially convenient to get to.

**Perfect for:** Wine and food lovers, people who want a base to explore neighboring Croatia, Slovenia and Austria, and people who enjoy architecture and café culture.



Trieste, Italy



# FUTURE-PROOF TECHNOLOGY

What fiber-to-the-home can mean  
for your life now and how it can  
impact generations to come

By Paul Ortiz,  
Broadband Services  
General Manager



**W**e all rely on the internet. We use it to stream media, video chat with family and friends, work and learn from home, order groceries, connect home security systems and more. Education, business and essential services like healthcare increasingly rely on the internet. For this reason, fast and reliable internet has become not just a luxury but a necessity. The technology that provides the speed and reliability needed today—and in the future—is fiber.

## WHAT IS FIBER INTERNET?

Fiber internet is the first infrastructure created specifically for the internet. Using fiber-optic cable makes data transmission fast and reliable, and enables future growth so all your connected devices work with faster internet access and more bandwidth available to everyone on your network.

The result is a completely new online experience. Uploads and downloads are nearly instantaneous. There's no buffering when you stream video. Crystal-clear video calls are now possible. Gaming is lag-free.

Fiber internet delivers communications along optical glass strands in light pulses. Light is an extremely efficient method of sending data from point A to point B—far more efficient than the electrical pulses sent through copper wiring with cable internet. This results in faster and more consistent speeds.

## FIBER VS. CABLE

Cable internet uses copper wiring, which makes up the infrastructure used to connect homes to telecommunications networks for landline telephones and cable televisions. This same wiring was used in the early days of the internet because it was already in place and was up to the task of moving the relatively small amounts of data that was transmitted decades ago.

However, copper wiring is simply not up to the job today when it comes to the internet. The limited speed and lack of bandwidth mean considerable slowdowns when more users are on the network. Unlike fiber, copper wiring is affected by bad weather and electrical interference, so it is far less reliable.



In comparison, the extremely high-bandwidth capacity of fiber internet translates to lightning-fast speeds and no slowdowns no matter how many people are online in your neighborhood or home. Since signals aren't disrupted by poor weather or interference, outages and dropouts are rare.

### HOW FAST IS FIBER INTERNET?

Fiber internet offers residential speeds of up to 10,000 megabits per second (Mbps) or 10 gigabits per second (which is why it's called "gigabit internet"), placing it among the fastest internet technologies available. Sounds impressive, but what does that actually mean?

Using an average cable internet connection, a large file like a movie might take about 30 minutes to download. With a gigabit fiber connection, that same file would be downloaded in less than 30 seconds. The same cable connection would use 32% of its bandwidth by a video chat, so if a couple of people in your home are chatting at the same time, you could start seeing issues. A gigabit fiber internet connection would use just 0.4% of its bandwidth by that video chat, allowing more users on that network to enjoy a smoother online experience.

### REAL-WORLD ADVANTAGES

#### **Symmetrical fiber internet:**

With symmetrical fiber internet, you can upload as fast as you download. Some internet providers might offer a decent download speed but are often lacking when it comes to the

upload speed. West Coast Internet's fastest service is 500/25 (download/upload) Mbps. Why is upload important? It lets you push to the internet as much as you pull from it. That means contributors and innovators can add files to the cloud and work more efficiently, and two-way activities like gaming and video chatting work seamlessly.

**Streaming TV:** With fiber internet, there's no lag, interruptions or annoying buffering to deal with—even during a live game or show. With a strong Wi-Fi connection in your home, you can stream on multiple devices and never miss a second of the action. Perfect HD streaming gives you access to all your local news, entertainment, sports and live TV.

## GLOSSARY OF TERMS

**Fiber-to-the-node (FTTN):** Fiber is run to a street cabinet or "node." This node may be miles from the fiber connection's final destination. Homes are then connected to the node with existing copper wiring. As a result, the customer's internet speed is limited by the copper wire's capabilities.

**Fiber-to-the-home (FTTH):** FTTH uses end-to-end fiber-optic cables from the network to your home. FTTH allows upload and download speeds of up to 10,000 Mbps, making it the best fiber internet available today!

**Optical line terminal (also called headend):** The central office or Broadband Services building where the optical signal gets distributed to the entire community.

**Passive optical networking (PON) fiber network:** Fiber-optic technology delivers data from a single source to multiple endpoints using passive optical splitters, without requiring electrical power for signal distribution after the initial transmission.

**Optical splitter (aka cabinet/junction box):** An access point where fiber splits off to individual homes.

**Optical network terminal (ONT)/optical network unit (ONU):** Converts the optical signals transmitted over fiber into electrical signals compatible with devices like routers, computers and televisions.

**Wi-Fi router (or wireless router):** A device that shares a single internet connection with multiple wired and wireless devices.

# FIBER INTERNET



Optical line terminal



PON fiber network



Optical splitter



ONT/ONU



Wi-Fi router



Wi-Fi router communicates with all the Wi-Fi devices in the home

**Gaming:** Online gaming continues to become more engaging and impressive—but this requires better internet with more bandwidth. For a smooth gaming experience, you need high-bandwidth internet with low ping (the time between sending and receiving data). That's why avid gamers swear by fiber internet—consistent no-lag, low-ping gaming.

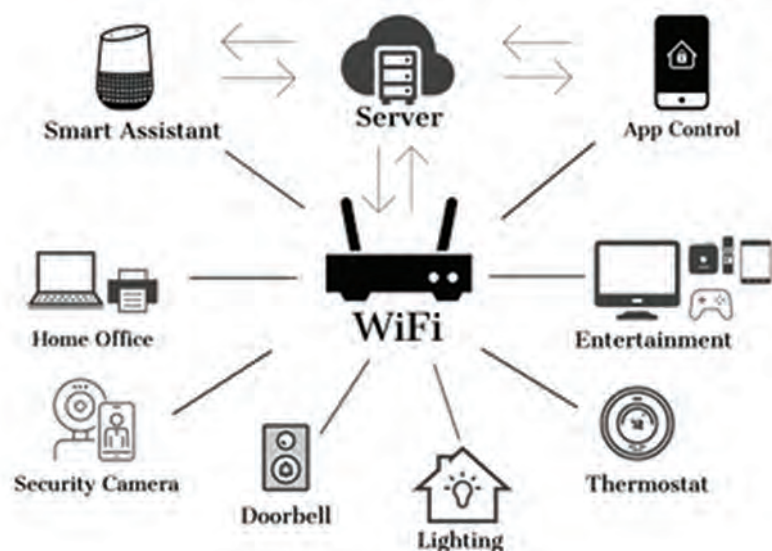
**Real estate value:** Fiber internet can actually increase the value of your home. One study showed this increase to be as much as 3%. Similarly, as a landlord, having either an active fiber connection or a property wired for fiber internet would justify increasing rent.

**Smart homes:** While our current smart devices don't require a huge amount of bandwidth, the reliability of your connection makes a huge difference. Outages, dropouts and slowdowns adversely affect the operation of your connected home. Fiber's consistency and reliability make it the right choice for those with

smart devices and connected homes. Although today's smart devices require less bandwidth than others, the number of devices in your home using the internet add up—and that number may be more than you think. According to a recent survey, a 68% gap exists between the number of connected devices households think they have and the number of devices they actually own.

**Fiber is future-proof:** Fiber internet gives the community an incredibly powerful connection now while preparing for the future. It recognizes our evolving use of the internet and gives us the ability to grow along with it. As technologies that require greater bandwidth are developed, fiber internet users will already have a connection that supports it. It's clear that fiber-to-the-home internet is the type of connection we need now and in the future.

To learn more about the Next Generation Fiber Project and receive the white paper, email [Paul.Ortiz@vmsinc.org](mailto:Paul.Ortiz@vmsinc.org).



Your home Wi-Fi router communicates with all your Wi-Fi devices.





# COMPASSIONATE CARE FOR THE ISOLATED

Social Services and Council on Aging partner to support residents' well-being.

*By Lourdes Oseguera, LCSW, Social Services Manager*

Social isolation and loneliness aren't just emotional challenges—they're linked to serious health risks, including depression, anxiety, high blood pressure, heart disease, obesity and cognitive decline. Building and maintaining meaningful connections can significantly improve health and well-being.

That's why Laguna Woods Village Social Services has partnered with Council on Aging – Southern California (COASC) since 2019 to provide direct support for residents who are isolated or at risk.

As of March 10, we're proud to welcome Jenna Bonaventura, MSW, a COASC social worker, to our team. A graduate of USC's Master of Social Work program, Jenna brings both clinical expertise and a deep sense of compassion to her role. She offers case management, emotional support, psychoeducation and care coordination—all aimed at improving residents' emotional and physical well-being. Her services,

provided in collaboration with VMS social workers, are completely free to residents.

## OUR SERVICES

The Social Services Division is here to help residents remain independent and thrive. We offer:

- Comprehensive assessments addressing biological, psychological and social needs
- Referrals and resource connections tailored to individual needs
- Care planning for both short-term and long-term support
- Counseling and emotional support
- Programs to prevent isolation
- Cognitive health screenings

If you or someone you know could benefit from support, please call Social Services at **949-597-4267**.

Together, we're here to ensure every resident feels seen, supported and connected.



**Jenna Bonaventura, MSW**



# Enhanced Security Through Real-Time Tech

New partnership boosts emergency response and crime prevention.

Safety is a top priority in Laguna Woods Village. That's why the Department of Security Services has partnered with the Orange County Sheriff's Department's Real-Time Operations Center (RTOC)—a state-of-the-art command center that gathers and analyzes real-time public and law enforcement data to assist first responders.

Through this partnership, live video feeds from Village cameras will be accessible to OCSD, allowing for:

- Faster, more informed emergency response
- Better prioritization of service calls
- Real-time identification of suspects and vehicles
- Improved coordination with agencies like the Orange County Fire Authority

The ability to retrieve video footage directly from the RTOC also means fewer manual video reviews, saving an estimated 500 staff hours annually and allowing Security staff to focus more on proactive safety measures.

## ROLLOUT PLAN

The integration will occur in three phases:

1. Connect Village gate cameras to the operations center
2. Expand coverage to other high-priority areas
3. Install new fixed and mobile cameras in crime-prone zones

This collaborative approach gives law enforcement the situational awareness they need—and gives residents peace of mind.

For more details, visit [bit.ly/4iNYsp3](https://bit.ly/4iNYsp3).



# SHARE OUR SPACES

Spring into a clutter-free community.

*By Francis Gomez, CMCA, Operations Manager*

Spring is a great time to refresh and renew—not just inside our homes, but throughout our shared spaces too. A tidy, clutter-free environment isn't just easier on the eyes—it helps keep our community clean, safe and welcoming for everyone.

Whether you live in United or Third Mutual, keeping common areas such as patios, balconies, breezeways and walkways neat and well-maintained is part of being a good neighbor. To support a more attractive and harmonious community, here are a few helpful tips and reminders.

## CLUTTER-FREE LIVING: TIPS FOR EVERYONE

- **Potted plants:** Use proper pots with appropriately sized saucers to catch excess water. To avoid water pooling or spilling onto neighbors' property, place pots on sturdy platforms with casters and monitor how much you water.



- **No indoor furniture outdoors:** Keep sofas, recliners and other indoor-only items where they belong—inside.
- **Skip the veggie garden:** Patios and walkways aren't the place for herbs, tomatoes or other crops.
- **Avoid nuisances:** Please refrain from placing items like wind chimes, refrigerators or food and water for wildlife in common areas.
- **Resolve neighbor concerns peacefully:** A friendly conversation can often clear up misunderstandings before they escalate.
- **Use your storage:** Store personal items in your assigned cabinets. Need extra storage? Contact Manor Alterations at **949-597-4616** or email **alterations@vmsinc.org** for more info. Permitted loose items in carports include shopping carts, brooms, dustpans, bikes and emergency kits.

If you're concerned about potential clutter violations, we encourage you to report them by calling the Compliance Hotline at **949-268-2255** or emailing **compliance@vmsinc.org**.

To view United Mutual's official clutter policy (Resolution 01-18-104), visit **bit.ly/4iVikqb** (see page 3 of 7).

Let's all do our part to keep our community beautiful, functional and neighborly!



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 line)
- Health Care + (red cross icon)
- Churches, Temples (church and temple icons)
- Security Gates Gate (purple circle icon)
- OCTA Bus Stops (OCTA logo icon)
- Clubhouses (orange house icon)
- Swimming Pool (blue waves icon)

2024, Laguna Woods Village

Laguna Woods Village®

A

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E



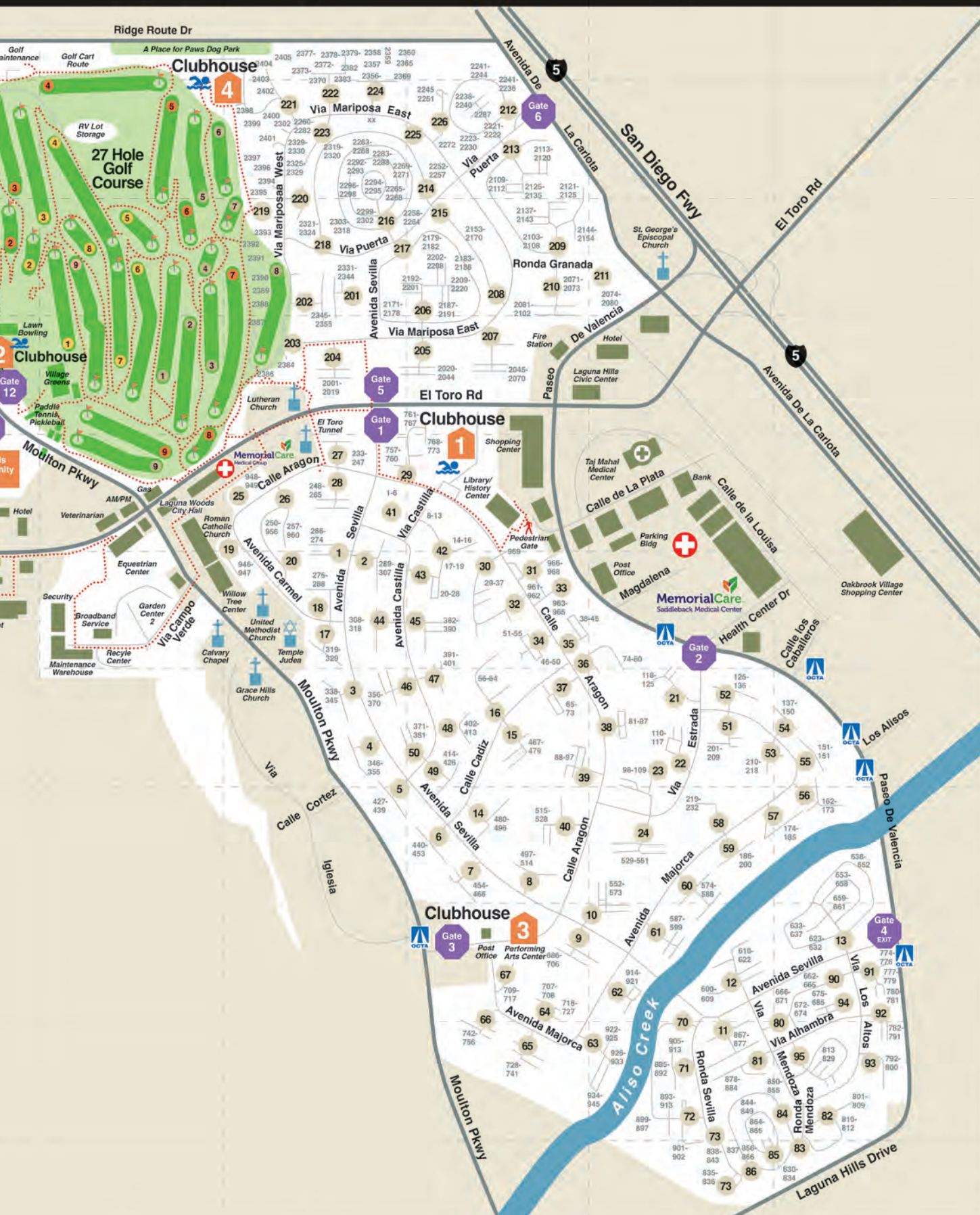
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KEYS TO THE COMMUNITY



# 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](mailto:information@lagunawoodsvillage.com)

[info@vmsinc.org](mailto:info@vmsinc.org)

## AMENITIES AND RECREATION

General Information 949-597-4273

[recreation@vmsinc.org](mailto: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 6 949-597-4436

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](mailto: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

## 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](mailto:lagunawoodsglobe@scng.com)

Laguna Woods History Center 949-206-0150

[info@lagunawoodshistory.org](mailto:info@lagunawoodshistory.org)

Lost and Found 949-597-4435

[lostandfound@vmsinc.org](mailto:lostandfound@vmsinc.org)

RV Storage 949-268-2284

Saddleback College Emeritus Institute 949-582-4835

The Towers 949-597-4278

[thetowerslwv@pmpmanage.com](mailto:thetowerslwv@pmpmanage.com)

## RESIDENT SERVICES

Manor Alterations 949-597-4616

[alterations@vmsinc.org](mailto:alterations@vmsinc.org)

Resident Services 949-597-4600

[residentservices@vmsinc.org](mailto: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](mailto: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](http://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



# WHY HEARING AIDS

Restoring the ability to communicate can  
cure loneliness, isolation and more.

*By Marcy Sheinwold,  
for the Foundation of Laguna Woods Village*

As one of the pandemic's major aftereffects, loneliness became a central focus for the Foundation of Laguna Woods Village last year. In the process, we learned something powerful: One of the biggest contributors to loneliness among older adults is hearing loss. According to the National Institute on Deafness and Other Communication Disorders, about 25% of people ages 65 to 74—and 50% of those 75 and older—experience disabling hearing loss.

When we can't hear well, we withdraw. Conversations become frustrating, group activities feel overwhelming, and even a visit to the doctor can become a challenge. This leads to isolation—and the worse the hearing loss, the greater the risk of cognitive decline and dementia.

The solution is simple: hearing aids. But for many older adults, the cost puts them out of reach.

That's why last November MemorialCare awarded the foundation a grant to help residents in the Village obtain hearing aids. Though it was a limited pilot program, the grant—along with matching funds from the foundation—provided hearing aids to 10 residents.

- *"I can hear now. It helped me. It helped me. It helped me."*
- *"Hard to be effective in life if you can't hear. It's wonderful. It made my life much better."*



- *"It means the world to me with things I enjoy like watching TV, conversations with neighbors on a daily basis and any seminars in the Village."*

MemorialCare made this outcome possible with grant funding, while Village Social Services successfully matched residents with hearing aids.

Though the grant funds are spent, there may be other options for residents to get assistance to purchase hearing aids.

Please contact Village Social Services at **949-597-4267** or the Foundation at **949-268-2246** or **[thefoundation@comline.com](mailto:thefoundation@comline.com)**.



# Jewish Food Festival

## Returns June 22

Authentic deli favorites, live entertainment and community spirit await at Clubhouse 1.

*Submitted by Lynne Rosenstein, Reform Temple of Laguna Woods*

Get ready to satisfy your cravings for classic Jewish deli favorites when the Jewish Food Festival returns to Clubhouse 1 on Sunday, June 22, from 5 to 8 p.m. Sponsored by the Reform Temple of Laguna Woods, the event is free to attend, and food will be available for purchase.

Live entertainment will fill the evening with cultural flair. The klezmer band The Shtetl Menschen will perform from the gazebo on the patio. Rebeca Gilad will lead Israeli line dances, and Jeff Olds will delight with close-up magic.

Festivalgoers can purchase tickets to exchange for a wide variety of traditional foods, including:

- Pastrami or brisket sandwiches served with coleslaw and a kosher pickle slice
- Lox and cream cheese on bagels
- Barbecued kosher-style hot dogs
- Noodle kugel
- Chicken soup with a matzah ball
- Jelly donuts, hummus, small challahs and Dr. Brown's sodas
- Assorted home-baked goodies, including rugelach, Mandelbrot and coffee cake

All food handlers will wear gloves, and ticket sales will take place on site.

To help with transportation, the Reform Temple has arranged for an Age Well shuttle bus to transport guests from the Clubhouse 4 parking

lot to Clubhouse 1. The shuttle will begin continuous service at 4:45 p.m., with the final return trip leaving Clubhouse 1 at 7:45 p.m. Given that the previous Jewish Food Festival attracted over 1,000 attendees, parking at Clubhouse 1 will be limited—shuttling is encouraged.

All Jewish organizations in the Village will be participating alongside the Reform Temple, including the National Council of Jewish Women, ORT, Chabad of Laguna Woods, Hadassah and Friends of the Jewish Federation of Orange County.

“The first Jewish Food Festival was held in 2018, and we were overwhelmed by the turnout,” said event chair Lynne Rosenstein. “June 22 will mark the fourth time the Reform Temple presents this festival, and we’re well prepared with enough food for all. Each year it gets better and better—it’s truly a community-wide event.”

For more information, contact Lynne Rosenstein at **562-773-5107**.

This event is open to Laguna Woods Village residents and their guests only.





## Korean Harmony Festival: A Rich Cultural Heritage

On Wednesday, March 19, residents were treated to an afternoon of vibrant sights and sounds as the Korean American Association of Laguna Woods Village hosted the 2025 Korea Harmony Festival at the Performing Arts Center. Building on the success of the 8th Arirang Festival in 2024, this year's event offered a dynamic celebration of Korean culture through traditional music, dance and martial arts.

Soung Won Park, president of the Korean American Association, welcomed attendees and expressed gratitude to all who joined in the festivities. "We are honored to share the beauty and depth of Korean culture with you today," Park said. "I hope this performance leaves you with both memorable entertainment and a deeper understanding of our heritage."

Highlights included the high-energy Nanta percussion performance, blending the powerful rhythms of traditional Korean Samulnori with modern theatrical elements. Attendees also experienced the elegance of Gungjungmu (Hwanmugwan), a royal court dance dating back to the 1400s Joseon Dynasty, showcasing ornate costumes and graceful choreography once reserved for kings and queens.

The festival also featured a Taekwondo demonstration by American youth, underscoring the global appreciation for Korea's national martial art. Vocal performances rounded out the program, with HyunSook Yang performing "Mother's Arirang," tenor HoJin Hwang delivering "O Sole Mio," and soprano YeonHwa Na moving the audience with "How Great Thou Art." The latter two joined voices in a stirring duet of "You Raise Me Up."

The Korea Harmony Festival continues to grow as a cultural bridge in Laguna Woods, bringing neighbors together in celebration of tradition, artistry and community.

## VILLAGE MUSICIANS Shine for Peace

The Laguna Woods Village Community Bridge Builders brought together nearly 150 Village singers and musicians for a powerful performance of "We Can Shine"—a song of peace, hope and friendship written and arranged by Mitchell Jay and directed by Leeav Sofer.

Dressed in traditional attire representing 20 different countries, participants shared their cultural pride and unity at the Performing Arts Center on March 26.

Watch the inspiring performance at [bit.ly/4jx4dYa](https://bit.ly/4jx4dYa).



Mark Rabinowitch



# BIRDS OF PARADISE

**Bullock's oriole**



Jerry Kathelson

**Great egret**



Eli Silberberger

**Allen's hummingbird**



Mark Rabinowitch

**Snowy egret**



Mark Rabinowitch

## The Joys of Lawn Bowling

Looking for a fun, low-impact sport with great company and stunning scenery? Head over to Clubhouse 2 and give lawn bowling a try. All you need is a sunny day, a few friends and smooth-soled shoes. The Laguna Woods Lawn Bowling Club hosts free lessons every Saturday at 8:45 a.m.—and the club provides all the equipment you'll need.

Want more chances to learn? Free lessons are also offered on Tuesdays, and newcomers are welcome at the club's monthly social, held every third Friday.

Here's what members have to say about their experience:

*"Lawn bowling is the perfect mix of relaxing and challenging. It's my favorite way to unwind and stay sharp. Lawn bowling is a great way to connect with others and get involved in a great community."*—Steve N.

*"Lawn bowling is a great way to learn a new sport and meet new people. Our club has something for every level of bowler, from the beginner to the advanced tournament player. It's a great way to make new friends and enjoy the lovely views of the Saddleback Mountains. Come join us at our monthly social held every third Friday of the month. The Club sponsors free lessons on Tuesday and Saturday. We supply everything you'll need—just show up in comfortable clothing and flat-soled shoes. Our wonderful instructors will show you what you need to know to get started."*—Eileen L.

*"I hadn't bowled before, but everyone was so welcoming and encouraging, I felt at home right away."*—Ted C.

*"I have been a member of the Laguna Woods Lawn Bowling Club for 14 years and have enjoyed the people, the sport and the best view in the Village."*—Carla V.

Call **949-951-3027** to learn more.





# YOUR GUIDE TO EVENTS, FITNESS AND FUN

## RECREATION OFFICE VILLAGE COMMUNITY CENTER

24351 El Toro Road

949-597-4273

[recreation@vmsinc.org](mailto:recreation@vmsinc.org)

Visit [lagunawoodsvillage.com](http://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.

## TIMELESS MELODIES

Enjoy lively multimedia lectures celebrating the golden age of American music and legendary composers and performers who shaped generations. Through captivating storytelling, rare film clips and cherished songs, beloved music historian, Larry Maurer brings the past to life.

Three lectures are scheduled June through August on the first Thursday of the month at 1:30 p.m. in the Performing Arts Center.

### **June 5 – Doris Day and the Ladies of Song**

From big band vocalist to Hollywood superstar, Doris Day left an indelible mark on American music and film. Discover the woman behind the songs, and celebrate her alongside other legendary ladies of song in this touching tribute.

### **July 3 – Broadway in the 1950s**

A golden decade of musical theater! Revisit show-stopping hits from Rodgers and Hammerstein, Cole Porter, Irving Berlin, Leonard Bernstein and more. This was Broadway at its very best.

### **August 7 – Musicals of 20th Century Fox**

From Shirley Temple to Marilyn Monroe, 20th Century Fox lit up the screen with unforgettable musicals. Enjoy nostalgic film clips, classic songs and behind-the-scenes stories from the golden years of Hollywood.

Tickets are on sale now at \$5 for each date, in the PAC box office or at

[tickets.lagunawoodsvillage.com](http://tickets.lagunawoodsvillage.com).

For more information, call 949-597-4289 or email [recreation@vmsinc.org](mailto:recreation@vmsinc.org).



# NEW SPOTLIGHT CINEMA SERIES

Calling all cinephiles! Secure your aisle seat for a special screening of “The Philadelphia Story,” featuring an insightful introduction by film historian Theo Siegel, “The Movie Guy.” Enjoy fascinating behind-the-scenes facts on Monday, June 30, 2 p.m. at the Performing Arts Center before experiencing this classic romantic comedy starring Katharine Hepburn, Cary Grant and James Stewart on the big screen.

Tickets are \$5 and on sale at **tickets.lagunawoodsvillage.com** or the PAC box office (23822 Avenida Sevilla) Monday through Friday from 9 a.m. to 5 p.m. Credit card/check only; credit/debit card fees apply.

Don't miss this chance to experience a Hollywood classic with fellow film lovers!



Save the dates for iconic musical performances in the 2025 Summer Concert Series. Ticketed events go on sale one month prior to the concert date and more information will be available prior to each event. Credit card/check only; credit/debit card fees apply.

- **Tom Jones Tribute**

Thursday, June 5, Clubhouse 1, \$20

- **Stone Soul**

Friday, July 4, Clubhouse 2, Free

- **Britain's Finest**

Thursday, August 7, Clubhouse 1, \$20

- **80z All Stars**

Thursday, September 18, Clubhouse 2, Free

For more information call **949-597-4281/949-597-4285** or email **recreation@vmsinc.org**.



## 'WHITE BIRD' AT THE PAC

Doors open at 1:30 and 6:30 p.m. for showings at 2 and 7 p.m. on May 19. Enjoy free, ticketless entry.

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



## 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](mailto: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](mailto:info@lagunawoodshistory.org);  
[lagunawoodshistory.org](http://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 **949-597-4436**
- 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](http://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](http://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](http://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. Five 30-minute sessions cost \$200; 10 30-minute sessions cost \$400. Call the Community Fitness Center at [949-268-2275](tel:949-268-2275) 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  
**949-597-4274**

## 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. for beginner, 12:15 p.m. for intermediate

*\$35 for five group lessons*

### Mat Yoga with Kristine DeYoung

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 with Kristine DeYoung

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, 8:30 to 10 a.m.

*Free drop-in class*





## RECREATION

### 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 Dance

Clubhouse 1, multipurpose room, 8 to 10:30 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*



**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 with Kristine DeYoung**

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

*Free drop-in class***Chair Yoga with Kristine DeYoung**

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](mailto:kevinvalencia@verizon.net) to register**Mindful Movement Yoga with Jerry Bloch**

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***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***Zumba Toning with Tracy Murray**

Clubhouse 2 ballroom, 9 to 10 a.m.

*\$25 for five classes***Circle of Love Meditation with Zahir Movius**

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

*Free drop-in class***SATURDAY****Tai Chi Dance**

Clubhouse 1 multipurpose room, 8 to 10:30 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*



# AMENITY INFO

## Clubhouse Reservations | 949-597-4227

Schedule reservations for Clubhouses 1, 2, 5 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.
- Schedule reservations for the Performing Arts Center (PAC) auditorium with the PAC supervisor.
- Clubhouse 6 reservations will resume at a later date.

## Clubhouse 1 | 949-597-4281

- Open daily 8 a.m. to 10 p.m.
- Fitness center open Monday, Wednesday and Friday 7 a.m. to 7 p.m., Tuesday and Thursday 7 a.m. to 5 p.m., Saturday and 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

- Art studio, ceramics, glass studio, jewelry, lapidary, photo studio, quilting, sewing room, slipcasting, woodshop, machine shop
- Open Monday, Wednesday, Friday, Saturday and Sunday from 9 a.m. to 4 p.m.; Tuesday and Thursday from 9 a.m. to 8 p.m.
- Contact the clubhouse for specific studio days/times.

## 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 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.

**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 from 7 a.m. to noon
- First, third Saturdays priority from 7 a.m. to noon

**Performing Arts Center | 949-597-4289**

- Open Monday through Friday 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

**Pickleball | 949-597-4273**

- Daily 7 a.m. to 10 p.m.
- Monday, Wednesday and 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 **lagunawoodsvillage.com > Amenities > Recreation and Fitness > Aquatics.**

**Recreation Coordinated Classes | 949-597-4273**

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

**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 Court Reserve reservations, visit **bit.ly/4hl3bNS.**

**Saddleback Emeritus | 949-582-4835**

Visit **saddleback.edu/emertus** for the most current class schedule.

## 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.

Cush Bhada  
President  
2023-2026

Martin Roza  
First Vice President  
2024-2027

Alison Bok  
Second Vice President  
2024-2025

Egon Garthoffner  
Secretary  
2022-2025

Andy Ginocchio  
Treasurer  
2024-2025

Marie Collins  
2025-2026

Gary Duerst  
2024-2026

Ellen Leonard  
2024-2027

Steven Leonard  
2024-2026

Manohar Motwani  
2024-2025

Brad Rinehart  
2024-2027



## POWERING AMENITIES

GRF committee explores harnessing solar energy to control utility costs.

*By Director Gary Duerst*

When you're enjoying a swim in the pool or a meal at one of our clubhouses, or using power tools at Clubhouse 4, it's easy to forget about the energy required to make these amenities possible—and how much that energy costs.

Last year alone, GRF spent over \$1.3 million on electricity and nearly \$500,000 on natural gas to power all the amenities here at Laguna Woods Village. Unfortunately, if we don't take proactive steps, this figure will rise sharply in just a few years.

Why? Our energy provider Southern California Edison (SCE) has requested rate increases that total 45%, which, if approved, will push our annual electricity bill to over \$2 million. On top of that, SCE is likely to face financial consequences from their role in the latest wildfire,





which will almost certainly lead to even higher rate increases.

### SOME GOOD NEWS

GRF has enough cash reserves to install solar photovoltaic (PV) systems on various GRF rooftops and other facilities. This will allow us to generate our own electricity and significantly reduce the amount we need to buy from SCE—without raising monthly assessments.

The cost of installing solar PV systems has steadily decreased over the years, while electricity rates continue to climb. This means the time needed to recover the installation costs through energy savings has also shortened. And thanks to the Inflation Reduction Act, the federal government is reimbursing

30% to 40% of the installation costs, making this an even more attractive investment.

### GRF ENERGY AD HOC COMMITTEE

The GRF Energy Ad Hoc Committee has been charged with overseeing the feasibility of installing solar PV systems. We've already done extensive work to understand where and when GRF uses electricity and natural gas. This data was gathered by working with the VMS Financial Services Department to analyze past SCE billing records and using tools that SCE provides to its customers.

One of the key findings is that nearly half of our electricity bill comes from demand charges. Unlike residential customers, GRF facilities use large equipment, like pool pumps and HVAC systems, that require substantial power. As SCE must be prepared to deliver large amounts of power quickly, the provider imposes additional demand charges—especially during the peak 4 to 9 p.m. timeframe in the summer months.

### WORKING TWO PHASES AT ONCE

First, our energy consultant is determining how many solar panels can be installed on GRF buildings without compromising the appearance of the facilities or requiring expensive upgrades to SCE equipment. At the same time, we're collaborating with the GRF Community Activities

Committee to explore ways to reduce or shift energy use outside of the costly 4 to 9 p.m. peak hours. We'll also review gas usage to see if electrical alternatives can be implemented at a reasonable cost, as we currently don't have options for generating natural gas.

The consultant has already noted that it will be difficult to generate all the electricity we need just from rooftop solar panels. As a result, we'll also consider ground-mounted or carport solar PV systems, although rooftop installations remain the most cost-effective. We'll need to evaluate which option provides the best value.

As we don't use electricity only when the sun is shining, battery storage will be required to supply power during nighttime hours, especially during the critical 4 to 9 p.m. period. These batteries will likely be paired with large, remote solar PV systems.

If approved, we hope to begin installing solar PV systems later this year. We'll make every effort to minimize disruptions, but now you have some background to understand what's happening and why there will be activity on the roofs of GRF facilities in the near future.

Thank you for your continued support as we work to ensure the sustainability and financial health of our community!

## United Board of Directors

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

Mickie Choi Hoe  
President  
2023-2026

Jeanne Costello  
First Vice President  
2024-2027

Sue Quam  
Second Vice President  
2023-2026

Maggie Blackwell  
Secretary  
2024-2027

Charles Prater  
Treasurer  
2024-2027

Mourad Akesbi  
2025-2027

Nancy Carlson  
2023-2026

Vidya Kale  
2023-2025

Anthony Liberatore  
2024-2025

Thomas Tuning  
2022-2025

Georgiana Willis  
2023-2026



## YOUR VOICE MATTERS

How we work on many fronts to keep the Village safe

*By Director Nancy Carlson*

The most common questions I receive as a board director are where to go for help, how to advance action on a problem or issue, to whom to direct questions and how to be heard.

Direction and answers to most residential and infrastructure questions and issues start with Resident Services, which you can visit in person or contact at **949-597-4600** or **[residentservices@vmsinc.org](mailto:residentservices@vmsinc.org)**.

### NEW AND EXISTING MEMBERS

New and existing members can learn about policies, process and benefits at United Mutual's quarterly new resident orientations in the Community Center Board Room. RSVP at **[lagunawoodsvillage.com/NRO](https://lagunawoodsvillage.com/NRO)**.

United also holds a monthly Resident Advisory Committee meeting on the second Tuesday at 4 p.m. in the Community Center Elm Room where residents may drop in and present a problem or issue to directors who will help.

Prospective, new and existing members can attend Village Living events to learn how to get the most out of all the community has to offer and to get answers to questions. Held on the second Tuesday every month, each event is from 1 to 2:30 p.m. in the Community Center Elm Room. RSVP at **[lagunawoodsvillage.com/village-living](https://lagunawoodsvillage.com/village-living)**.

### COMMITTEE MEETINGS

United Mutual's standing committees can provide further direction if



and when needed. Members are welcome to bring their comments or concerns to these director-run meetings. Responses or answers are made at the meetings when possible, or the committee may direct the issue to appropriate staff or department. United and GRF have designated committees at which residents may speak and comment on issues that fall in their respective areas of responsibility. Please note that Maintenance and Construction includes damage and restoration issues, and Mobility and Vehicles covers transportation systems.

Every committee meeting (mutuals and GRF) commences with an open forum at which members may comment on items not on the agenda. Members may also comment on specific agenda items during these portions of the

meetings. Simply fill out a speaker card and you will be called upon to speak for three minutes, or email your comment to [meeting@vmsinc.org](mailto:meeting@vmsinc.org) with the committee in the subject line and it will be read. All Village committee meetings are published on the Village website at [lagunawoodsvillage.com](http://lagunawoodsvillage.com) > **Calendars**.

### DISPUTES AND COMPLAINTS

What if you have a dispute with a member and wish to have the matter addressed? Contact the Compliance Division and request a Meet and Confer/Internal Dispute Resolution (IDR) hearing. The matter will be confidentially heard by the mutual's member hearing committee.

What if a member or tenant fails to comply with policies and you wish to anonymously report an infraction (such as clutter,

noise, smoking, non-permitted construction, etc.)? Contact the Security Services Department, and staff will document and make a report. A confidential hearing with the offending member may result. (Please note that members are responsible for the conduct and actions of their tenants.)

What if you have an issue that prompts you to seek an award or benefit from United Mutual? Contact the Compliance Division and request a Meet and Confer/IDR. A confidential hearing with United Mutual will be set at which you may discuss your request and reasons.

Call the anonymous Compliance hotline at **949-268-2255** and the 24/7 Security Services hotline at **949-580-1400**.

### HEARINGS AND PROCESS

Members are always provided written notice of any hearing regardless of type. The presiding directors examine all materials including those provided by the member. During the hearing the member has uninterrupted time to speak on the matter and documents. Decisions are not made during the meeting but are noticed in writing to the member thereafter within the prescribed time.

United Mutual has created multiple avenues for residents to learn about the mutual and its policies, report issues, secure solutions, resolve disputes and make your voice heard for the benefit of the community.

United Standing Committees	GRF Standing Committees
Architectural Control and Standards	Community Activities
Finance	Disaster Preparedness Task Force
Governing Documents	Executive Hearings
Landscape	Finance
Maintenance and Construction	Landscape
Member Hearing	Maintenance and Construction
Resident Advisory	Mobility and Vehicles
	Security and Community Access

## Third Board of Directors

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

S.K. Park  
President  
2023-2025

Reza Karimi  
First Vice President  
2023-2025

Robert Mutchnick  
Second Vice President  
2024-2027

Steve Parsons  
Secretary  
2024-2025

Donna Rane-Szostak  
Treasurer  
2024-2026

Howard Fox  
2024-2026

James Hopkins  
2025-2026

Ruth Johnson  
2024-2027

Peggy Moore  
2024-2025

Craig Wayne  
2024-2027

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



## IN YOUR NEIGHBORHOOD

Helpful information about Third Mutual all in one place

Third Mutual is condominium housing comprised of 6,102 memberships. Corporation leadership consists of an 11-member board of directors who are elected by the members of Third Mutual, which operates and maintains the buildings, laundry rooms, carports and grounds.

### WHICH MUTUAL DO YOU LIVE IN?

Do you know whether you live in United Mutual, Third Mutual or Mutual No. Fifty? Numbers in the Village are not consistent because they were numbered according to when they were built and which building project they were. Locate your manor number listed below to know for sure which mutual you live in.

United Mutual	Third Mutual	Mutual No. Fifty
1-960	961-969	101 South Tower
2001-2108	2109-2120	151 West Tower
2121-2125	2126-2129	
2130	2131-2136	
2137-2165	2166-2182	
2183-2191	2192-2208	
2209-2220	2221-5598	



### THIRD LAGUNA HILLS MUTUAL COMMITTEE MEETINGS

Committee	Occurrence	Chair
Board of Directors	Third Tue. monthly	S.K. Park, President
Architectural Control & Standards	Monthly	Moon Yun
Finance	Bimonthly	Donna Rane-Szostak
Garden Villa Rec. Room	Three times yearly	Moon Yun
Landscape	Monthly	S.K. Park
Maintenance and Construction	Monthly	Reza Karimi
Resident Policy and Compliance	Monthly	Robert Mutchnick
Water Conservation	Quarterly	Donna Rane-Szostak

#### COMMITTEE MEETINGS

Third Mutual committee meetings provide an opportunity to present your concerns and suggestions and are open to Third Mutual members. We need your input to continue to provide a healthy, vibrant community, and decisions made are for mutual members' benefit.

We are always looking for non-voting advisors to contribute expertise to the committees. To volunteer, email [generalmanager@vmsinc.org](mailto:generalmanager@vmsinc.org) with the name of the committee and chair in the email's subject line. If you would like an insider's look at how the Village works, join us for our meetings.

#### CONTACT THE BOARDS

The boards of directors for Third Mutual, United Mutual and GRF can be reached various ways:

- Mail a letter addressed to (board you are trying to reach) Board of Directors, 24351 El Toro Road, Laguna Woods, CA 92637.
- Contact the Office of the CEO and leave a message for a specific board member, or email [generalmanager@vmsinc.org](mailto:generalmanager@vmsinc.org).
- Attend a board meeting and address the board during the open forum portion of the agenda; you will have a three-minute time limit to speak to the board or ask a question.

Board meetings are broadcast via Granicus and Village Television (TV6). TV6 replays meetings on the same Tuesday at 6 p.m., the following Thursday at 1:30 p.m. and Wednesday the following week at 6 p.m. You can also watch meetings and other TV6 programming on demand at [youtube.com/@VillageTelevision](https://youtube.com/@VillageTelevision).

Visit [lagunawoodsvillage.com](http://lagunawoodsvillage.com) > **Governance** and select **Board and Committee Meeting Videos** on the dropdown menu. Members may email comments to [meeting@vmsinc.org](mailto:meeting@vmsinc.org) any time before or during the meeting; comments will be read by staff during the open forum. Be sure to include your name, manor number and the name of the meeting on which you're commenting in the email subject field. To view the board meeting calendar, visit [lagunawoodsvillage.com](http://lagunawoodsvillage.com) > **Calendars** and select the board you seek.

#### TOWN HALL MEETINGS

The Third Mutual Board of Directors hosts monthly town hall meetings, which aim to:

- Create a dialogue and share important information
- Give residents an opportunity to dialogue with Third Mutual board members
- Provide residents an opportunity to ask questions or provide feedback without the three-minute limit requirement at monthly open board meetings

Third town hall meetings are held the fourth Wednesday of every month in the Sequoia Room at Clubhouse 2 from 3 to 4:30 p.m. Please note that not all board members can attend all meetings and that the meetings will not be televised.

## 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  
2025-2027

Ro Kendall  
Vice President  
2025-2027

Sheldon Mende  
Treasurer  
2025-2027

Tom Stacy  
Communications Director  
2025-2027

Joe Camera  
2025-2027

Jennifer Hsu  
2025-2027



## HOW THE GARDEN VILLA ASSOCIATION SERVES YOU

From updates to action, GVA keeps residents informed.

*By President Stuart Hack, Garden Villa Association*

Our building captains, regional representatives and officers play a vital role in supporting residents of the 81 three-story buildings in Third Laguna Hills Mutual. To understand how they serve the community so effectively, it helps to take a closer look at the Garden Villa Association (GVA)—how it's structured, how it operates and how it keeps you informed.

### **TWO TYPES OF THREE-STORY BUILDINGS**

Laguna Woods has 81 three-story buildings, made up of:

- 28 LH-21 buildings – These include an elevator, a laundry room on each floor and a storage room.
- 53 Garden Villa buildings – These feature a formal lobby, an



elevator, laundry rooms on each floor and an underground garage with assigned parking, a mailroom and a rec room.

All 81 buildings fall under Third Mutual, and every resident or owner in one of these buildings is automatically a member of the GVA.

### **GVA LEADERSHIP AND ELECTIONS**

The GVA is organized into nine regions, each led by a regional representative who supports that region's building captains. Leadership roles are filled through a democratic process:

- Building captains are elected by the residents of each building.
- Regional representatives are elected by building captains in their region.
- The board of governors is made up of the regional reps and up to three at-large building captains elected by the board.
- From among themselves, the board elects a president, vice

president, treasurer, secretary and communications director.

Each building captain serves as a helpful liaison, working to support their building and its residents. If your building hasn't yet elected a captain, we'd be happy to help you get that process started. We also have a detailed list of captain duties available upon request.

### **OUR PURPOSE**

According to the GVA bylaws, our mission is to:

- Foster communication between residents and the association.
- Promote clean, well-maintained buildings and surrounding areas.
- Encourage resident participation in decisions affecting their homes and quality of life.
- Facilitate communication with Third Mutual, GRF, and our managing agent.

### **KEEPING YOU INFORMED**

One of the GVA's key

responsibilities is keeping residents up to date. We do this through a communications tree:

- Our communications director sends updates to regional reps.
- Regional reps forward messages to building captains.
- Captains share that information with residents—by email and building bulletin boards.

We also host:

- Bimonthly general membership meetings featuring guest speakers, Q&A sessions with GVA officers, and opportunities to speak with Third Mutual directors.
- Bimonthly board meetings, open to all members.
- Annual building captain training, with the most recent session held on May 1, 2025.

Want to learn more?

Visit the GVA webpage at [lagunawoodsvillage.com/amenities/clubs/garden-villa-association](http://lagunawoodsvillage.com/amenities/clubs/garden-villa-association) or reach out to GVA Communications Director Tom Stacy at [agardenvilla@gmail.com](mailto:agardenvilla@gmail.com).

### **GVA REGIONAL REPRESENTATIVES**

Region 1	Gail Berra	949-616-8315	<a href="mailto:gberra@comline.com">gberra@comline.com</a>
Region 2	Stuart Hack	949-212-7028	<a href="mailto:gvalwv@gmail.com">gvalwv@gmail.com</a>
Region 3	Ro Kendall	818-438-9280	<a href="mailto:RoKendall@gmail.com">RoKendall@gmail.com</a>
Region 4	Theresa Kouri	319-610-4407	<a href="mailto:theresa.kouri@uni.edu">theresa.kouri@uni.edu</a>
Region 5	Marti Mangan	714-501-4774	<a href="mailto:martinamangan@att.net">martinamangan@att.net</a>
Region 6	Theresa Keegan (co)	631-379-0155	<a href="mailto:tkeegan1@yahoo.com">tkeegan1@yahoo.com</a>
	Jim Southworth (co)	760-709-0149	<a href="mailto:skierfromh@aol.com">skierfromh@aol.com</a>
Region 7	Sheldon Mende	949-877-8639	<a href="mailto:shel18@me.com">shel18@me.com</a>
Regions 8 and 9	Laurie Bereny	818-216-5205	<a href="mailto:ljbereny@yahoo.com">ljbereny@yahoo.com</a>



## VMS Board of Directors

Jim Glassman  
Chair  
Third, 2024-2026

Cynthia Rupert  
First Vice Chair  
United, 2023-2026

Kathryn Bravata  
United, 2024-2025

Bunny Carpenter  
Third, 2025

Joshua Hsu  
GRF, 2025-2026

Mark Laws  
GRF, 2024-2027

Manny Robledo  
United, 2024-2027

Candace Tysdal  
Third, 2024-2027



## WELCOME ABOARD!

Meet our new VMS board director.

“It’s an honor and a privilege to serve as a director of VMS,” said Joshua Hsu, who was appointed by the GRF board of directors to represent GRF on the VMS board. “For most of my life, I was deeply rooted in private enterprise. But in recent years, I’ve come to realize how deeply fulfilling it is to serve others—and I felt it was time to give back.”

Hsu earned his bachelor’s degree in mechanical and aerospace engineering from Cornell University’s School of Engineering in 1982. He began his career at the Clorox Company Technical Center, where he helped support new plant startups as a corporate engineer. After two years, he transitioned into the financial sector, joining Investor Diversified Services (IDS), a division of American Express, where he focused on helping individuals and families with financial planning.

In 1986, Hsu earned an MBA in finance and real estate from UCLA’s Graduate School of Management and went on to spend nearly three decades in the finance and real estate industries. His experience includes roles as an investment banker with Goldman Sachs & Co., assistant to the president at Safco Realty and Investments Inc., associate broker at World Premier Investments Inc. and associate broker/retail specialist at CBRE Inc. In 2015, he shifted gears into semi-retirement, managing financial and real estate assets for his family and extended family.

In July 2023, Hsu and his wife purchased a condo and moved to Laguna Woods Village. A year later, he joined Laguna Premier Realty Inc. as an associate broker and now serves owners and prospective buyers of Laguna Woods Village properties.



Hsu and his wife are also parents to a 31-year-old son with autism. “Raising a child with a disability has taught both of us perseverance and resilience,” he said. “We’ve learned to work hard and never give up. I intend to bring that same determination—and the skills I’ve been blessed with—to help make Laguna Woods Village the best it can be.”





## REASONS TO CELEBRATE

Various activities offer entertainment and education.

*By Sue Stephens, President*

## Mutual No. Fifty Board of Directors

Sue Stephens  
President  
2023-2026

Jim Brech  
Vice President  
2023-2025

Glenn Miller  
Secretary/  
Treasurer  
2023-2026



It's no secret that we enjoy celebrating holidays at the Towers. But it doesn't have to be a holiday to socialize and create an occasion, which can be both fun and educational. With the assistance of the Towers lifestyle manager, a variety of daily activities include bingo, movies, exercise classes, crafts, jewelry making, makeup tips, ladies tea parties and technology instruction, and monthly events include birthday dinners, plays and museum trips, and more.

### NEW RESIDENT SOCIALS

On the last Wednesday of every month, the Towers hosts a new resident social so existing residents may welcome their new neighbors. The event is held on the Zen Plaza when weather permits or in the large first-floor lounge. All residents are invited to enjoy a cocktail or nonalcoholic beverage and appetizers and to meet their new neighbors.

### THEMED DINNERS

Recently, the Towers dining services provider, Sodexo America, introduced periodic themed dinners. Once per month, Executive Chef Chris Arellano features exotic cuisine from another country, such as last month's favorite "Taste of China." In March, the special dinner, "Taste of India," featured various popular Indian dishes, such as tandoori chicken, chana chaat, honey cake for dessert and traditional Indian yogurt lassi to drink. Chef Arellano delivered an informative presentation on the featured dishes and how the food was prepared.

### VALENTINE'S DAY

In keeping with holiday traditions, Towers residents celebrated Valentine's Day on February 14 with a coffee social in the morning and a social hour in the evening, featuring pianist Tom Sperry, who delighted the crowd with dance music. As if we needed a reason to celebrate, each day at the Towers gives us one.

# HISTORY OF THE CORTESE CREST

Ross Cortese and his employees at Rossmoor Corporation built Leisure World – Laguna Hills, now known as Laguna Woods Village. This is the history of his family crest.

“Two sturdy pillars of silver guarding a field of blue” describe the Cortese family crest, which in 1619 became the official symbol of the family recognized as nobles of the cities of Ravello, Sorrento and Catanzaro, and owners of feudal estates in the Calabria region of Italy, according to the Center of Heraldic Genealogical Research in Firenze, Italy, by Borgo S. Croce.

Family members of ancient Neapolitan origin devoted themselves to maintaining a high standard and prestige for the family name. The Center of Heraldic Genealogical Research paid special tribute to:

- Giovanni Battista (John Baptist) Cortese, a native of Bologna who taught mathematics and physics at the University Messina in 1554
- Alessandro (Alex) Cortese, who distinguished himself for his bravery during the siege of Salerno in 1648
- Giacomo (James) Cortese, who embraced the Catholic faith reaching the highest rank of the clergy

The family crest carried on its tradition of representing prestige, high standards and family devotion and was once set in mosaic atop Clubhouse 1.

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](http://lagunawoodshistory.org).







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Learn more and schedule an appointment.  
[memorialcare.org/MCMG55](https://www.memorialcare.org/MCMG55)  
(657) 241-8475