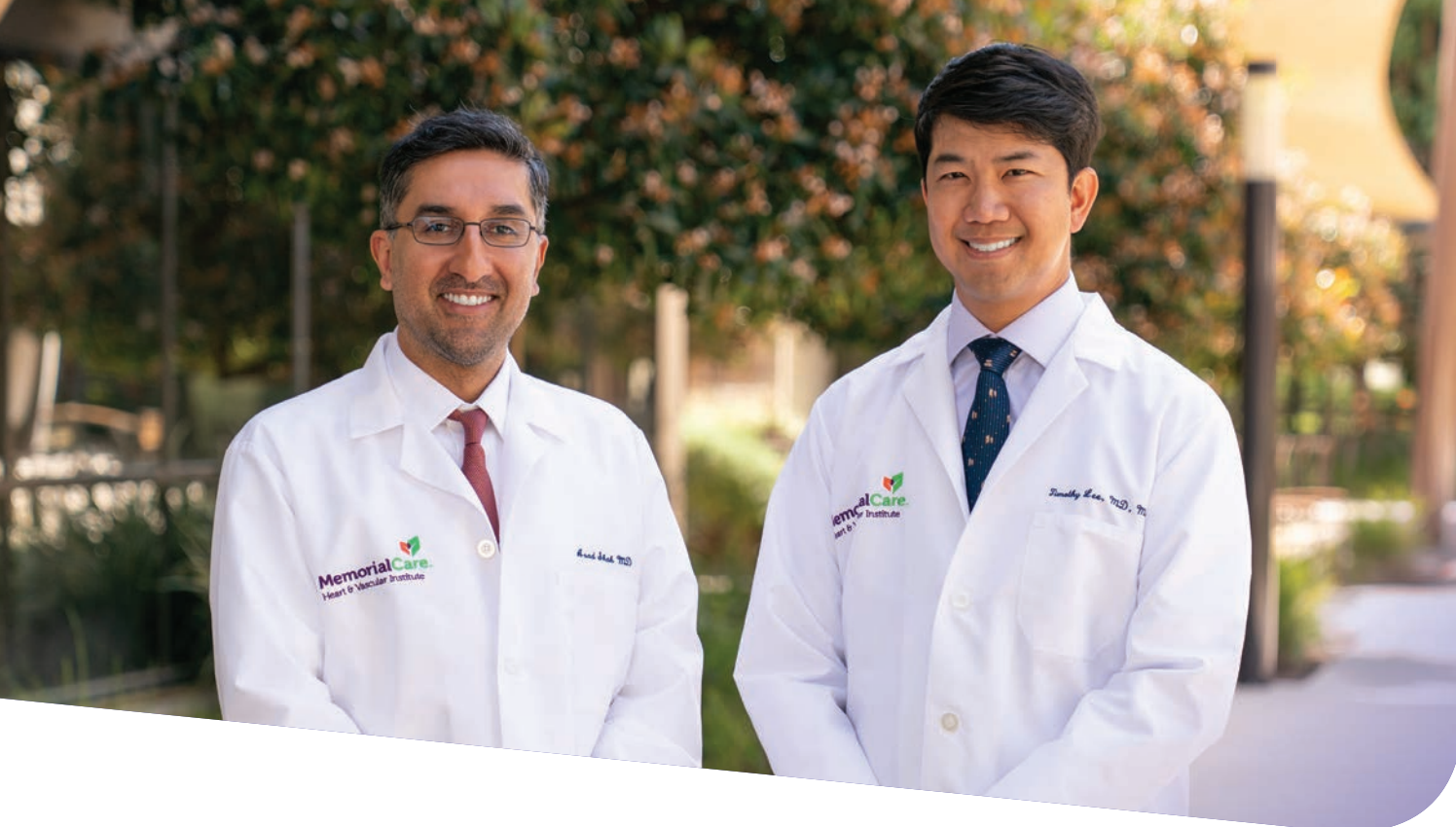


VILLAGE BREEZE

JULY/AUGUST 2025



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Advancing Cardiac Care in Southern California

MemorialCare doesn't just provide health care – it transforms it.

It is world-class expertise, innovation that anticipates your needs, and a human connection that is as powerful as the treatment itself. No barriers, no compromises – just seamless, extraordinary experiences designed around you.

Our experienced cardiovascular teams ensure you receive the highest level of care that's not just exceptional – but truly transformative. Such as minimally invasive surgical approaches with three keyhole incisions that replace open-heart surgeries.

We are excited to announce the addition of distinguished cardiothoracic surgeons, Dr. Asad Shah and Dr. Tim Lee, to our team at MemorialCare Saddleback Medical Center. With their arrival, MemorialCare continues to set the standard for superior medical care and treatments.

Learn More:



Asad A. Shah, M.D.
memorialcare.org/AsadShah



Tim M. Lee, M.D.
memorialcare.org/TimLee



DISCOVER SOMETHING NEW

We find comfort in routine. Most of us sleep and eat at consistent times, as though we're guided by internal clocks—so much so that a shift in time zones or the start of Daylight Saving Time can leave us feeling out of sync. Even our pets thrive on routine, often acting as living alarm clocks to remind us when it's time for a walk or a meal.

Still, when our routines are disrupted, it can leave us feeling off balance—uncomfortable, even anxious about the unfamiliar. But often, in hindsight, we realize that those very disruptions led to meaningful discoveries about ourselves. They may reveal hidden talents or broaden our perspectives in ways we never anticipated.

Trying something new stimulates our brains and fosters personal growth. In “Brain in Training,” Jennings Lai explains how even small changes to our routines can enhance cognitive function and keep us mentally sharp. Even if we don't master a new skill, simply engaging with something novel can be beneficial for our minds.

The Village offers countless opportunities to embrace new experiences. Clubhouse 4, for example, is a creative haven where residents explore new talents and bond over shared passions. You can read inspiring stories of Village residents who found creative fulfillment in “Where Passions Take Shape” by Ellyce Rothrock and Jennings Lai.

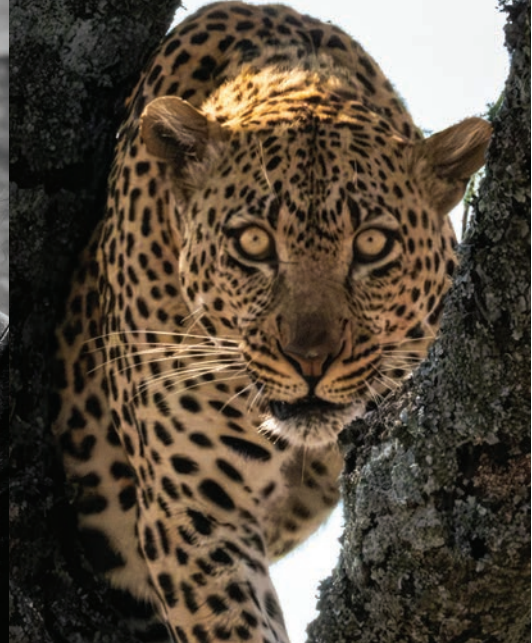
The breathtaking photos featured on the cover, table of contents and Community Connected pages were captured by members of the Camera Club, who not only pursue their artistic passions but also give back to the community through the club's state-of-the-art photo lab. Including the Camera Club, the Village boasts 250 clubs, each offering opportunities to forge friendships and discover new hobbies, interests and talents.

Whether it's traveling somewhere new, learning an instrument or a language, tackling a crossword puzzle or enrolling in a class outside your comfort zone, breaking from routine can spark our imaginations and stimulate our minds.

Susan

Susan Logan-McCracken, Managing Editor

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features

8 **Brain in Training**
Exercise this all-important organ.
BY JENNING LAI

12 **Connected for the Future**
Explore how Ting's fiber network is transforming life in
Laguna Woods Village.
BY VMS INC. STAFF

14 **Where Passions Take Shape**
Discover the creative sanctuary that is Clubhouse 4.
BY ELLYCE ROTHROCK AND JENNING LAI

22 **A People Business**
The Department of Security Services works to ensure safety,
standards and well-being for the Village community.
BY SUSAN LOGAN-MCCRACKEN

Cover photo of a Moab mountain lion by Mary Madden.
See more Camera Club photography on page 18.



8



12



14



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VILLAGE BREEZE

The official magazine of
Laguna Woods Village

JULY/AUGUST 2025

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departments

- 4** What's Up in the Village
- 18** Community Connected
- 25** Compliance Division
- 26** Resident Services
- 32** Maintenance and Construction
- 34** Landscaping Services
- 36** Social Services
- 38** Recreation
- 56** Then & Now

from the Village Boards

REPORTS, NEWS AND UPDATES FROM YOUR BOARDS OF DIRECTORS

- 48** Golden Rain Foundation of Laguna Woods
- 50** United Laguna Woods Mutual
- 51** Mutual No. Fifty
- 52** Third Laguna Hills Mutual
- 54** Village Management Services

 GOLDEN RAIN FOUNDATION
of LAGUNA WOODS

 THIRD LAGUNA HILLS
— MUTUAL —

 UNITED LAGUNA WOODS
— MUTUAL —

 Village Management Services, Inc.

THE TOWERS
of Laguna Woods Village

in every issue

KEYS TO THE COMMUNITY

- 28** Village Map
- 30** Stay in Touch
- 31** In Your Neighborhood



WHAT'S UP IN THE VILLAGE

How Heat Can Age You Faster—and WHAT TO DO ABOUT IT

Sixty may feel like the new 50 or the new 70, depending on lifestyle and environment. Your biological age, shaped by diet, exercise, stress and pollution, may differ from your actual age. A new USC study in Science Advances adds heat exposure to the list.

Tracking nearly 3,700 adults 56+ over six years, researchers found those exposed to more hot days aged biologically 2% faster than the calendar year rate. That's due to epigenetic aging, where external factors speed up how our bodies age.

Heat doesn't just age you. It can also cause hospitalization, heart problems or even death. Older adults are especially at risk because:

- They sweat less.
- Blood doesn't flow to the skin as efficiently.
- Thirst cues fade with age.

- Some medications hinder heat regulation.

Protect yourself:

- Drink water regularly, even if you're not thirsty.
- Stay in air-conditioned spaces.
- Take cool showers or swim.
- Avoid strenuous activities.
- Wear light, loose clothing and a wide-brim hat.
- Use SPF 50 sunscreen; seek shade.
- Check on neighbors, and have someone check on you.

Know the signs of heatstroke:

- 104°F+ body temp
- Red, hot, dry skin
- Rapid pulse
- Dizziness, headache, fainting, nausea
- Confusion

If these symptoms appear, call 9-1-1 immediately.



Foundation of Laguna Woods Village Named

NONPROFIT OF THE YEAR

Congratulations to the Foundation of Laguna Woods Village, honored as California Nonprofit of the Year for District 72 by Assemblywoman Diane Dixon. For 28 years, the foundation has served as the Village's charity and safety net, helping residents in financial crisis.

Working with VMS Social Services, the foundation provides temporary emergency aid to qualifying residents, and always anonymously. For assistance inquiries, contact Social Services at **949-597-4267**.

Learn more at foundationoflagunawoodsvillage.org. For details on the award, visit calnonprofits.org/nonprofit-of-the-year.



BEFORE REQUESTING A VARIANCE

Your manor is your castle, and no one can communicate your vision better than you. Manor Alterations is here to help bring that vision to life. Before requesting a variance, follow these four important steps. **Check approved standards.** See if your project can be revised to fit one of our 200+ approved alteration standards or plans to save time and costs.

Estimate total costs. Obtain quotes from California-licensed contractors. Verify a contractor's license at cslb.ca.gov. Don't forget additional expenses such as mutual consent and variance fees, city permits (if required) and legal fees for certain Third Mutual projects.

Submit complete plans. Ensure your plans are clear, legible and complete. Missing or unclear details will delay review.

Understand the approval timeline. The Architectural Control and Standards Committee reviews and recommends projects to the board. The full approval process may take up to three months. If approved, you must still obtain a mutual consent.

Questions? Contact Manor Alterations at [949-597-4616](tel:949-597-4616) or alterations@vmsinc.org for guidance before you begin.

Laguna Woods Named A TOP RETIREMENT SPOT IN CALIFORNIA

Laguna Woods has been recognized as one of California's top 10 places to retire, thanks to its strong sense of community, low crime rate and senior-focused amenities. With over 90% of residents aged 65 and older, the Village continues to stand out for its active lifestyle, safety and accessibility to healthcare. Whether it's clubs, classes or community events, Laguna Woods remains a model for what retirement living can be. View the full article from WorldAtlas at bit.ly/4muTDDe.





WHAT'S UP IN THE VILLAGE



Support During and After Cancer Treatment

The MemorialCare Renewal Boutique offers personalized care to help you look and feel your best during and after cancer treatment.

In a private, welcoming setting, knowledgeable staff and certified fitters provide compassionate support and ensure the right

fit for your needs.

Available products include:

- Post-mastectomy camisoles with drain management
- Leisure and light compression bras
- Silicone breast forms

- Post-mastectomy bras and swimwear
- Swim prostheses
- Wigs
- Upper extremity compression garments

Fittings are by appointment only. Call **949-328-9026** to schedule. Have your doctor fax referrals to **949-328-9187**.

Location: Women's Health Pavilion, 24401 Health Center Drive, Suite 202, Laguna Hills

Hours: Monday - Friday, 9 a.m. to 4 p.m.

Visit any time to explore available resources. Renewal Boutique is here to empower you every step of the way.

WHERE WATERWAYS BEGIN

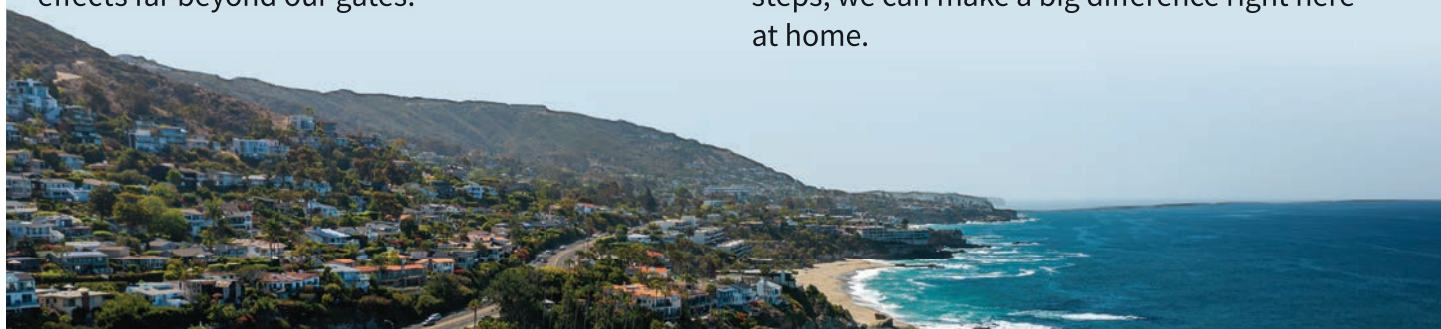
Laguna Woods is home to not one, but three of Orange County's major watersheds: Aliso Creek, Laguna Coastal Streams and Newport Bay. All play a vital role in channeling rainwater through local creeks and parks, ultimately feeding into the Pacific Ocean.

As water flows through these natural channels, it picks up pollutants like trash, pet waste and pesticides, which can harm wildlife, drinking water and our coastal ecosystems. That means what we do here in Laguna Woods has ripple effects far beyond our gates.

Here's how you can help protect our watersheds:

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

To learn more, visit **h2oc.org**. By taking small steps, we can make a big difference right here at home.



COYOTES AND OUR COMMUNITY

The Village community is immediately adjacent to coyote country, making *Canis latrans* sightings quite common. Coyotes are not normally a danger to humans, but some residents are concerned for themselves and their pets.

The Laguna Beach Police Department's Animal Services Division and not VMS responds to wildlife situations in the Village.

To report encounters, call **949-497-0701** or email **coyotes@lagunabeachcity.net**.

Take the following steps to protect your pets:

- Leave a comfortable distance between you and coyotes; they will display defensive behaviors if threatened or cornered.
- Increase the distance between you and a coyote if you do encounter one that behaves aggressively (you're probably too close to its prey or family).

- Don't ever feed coyotes (or any wild animal; it's illegal in California and prohibited in the Village).
- Eliminate potential food and water sources, such as fallen fruit and standing water.
- Feed pets indoors.
- Keep cats and dogs indoors or supervise closely when outdoors.
- Do not use retractable leashes for walking dogs.
- Store trash in covered heavy-duty containers.
- Keep yard areas and patios free from becoming potential shelter, such as thick brush and/or weeds.

To help residents understand their coyote cohabitants, "Discovering Laguna Woods Village" host Cyndee Whitney interviewed Laguna Beach animal services officer David Pietarila to help increase awareness. To watch this important episode, visit **bit.ly/4n2Hu8L**. For more information and tips from the City of Laguna Beach, visit **bit.ly/4kVs5FV**.



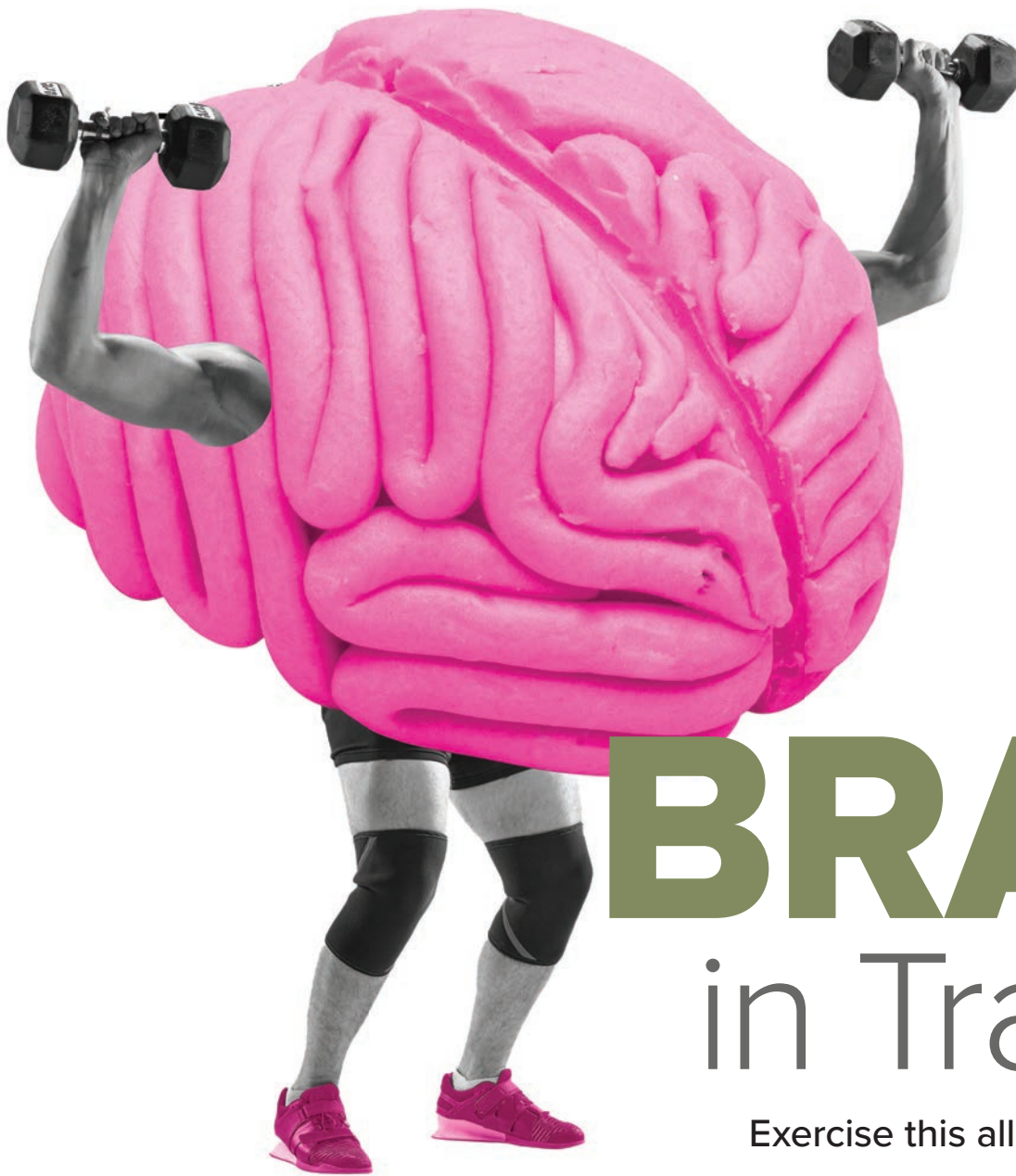
Medicare Questions?

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.



BRAIN in Training

Exercise this all-important organ.

By Jennings Lai

When we think about taking care of ourselves, we often focus on eating well, exercising, getting enough sleep and maintaining social connections. We may also fall into a comfortable routine, sticking with what's been working well for us; for example, ordering the same drink every morning or taking the same route to work. But when something becomes easier, it's often because the brain has adapted to it and is working less. That's why variety is so important. Challenging ourselves by increasing the difficulty or changing things up helps keep us engaged and growing.

As we age, the risk of cognitive decline increases, along with the potential for Alzheimer's disease or other forms of dementia. While Alzheimer's is one of the most common causes of dementia, it's not the only one. Dementia can result from various factors such as Parkinson's

disease, brain tumors, vitamin deficiencies, long-term alcohol use or even head injuries.

Just as we prioritize physical health by focusing on exercise, nutrition and sleep, it's equally important to nurture our brain health.

WHAT IS NEUROPLASTICITY?

Brain exercise is often overlooked in the pursuit of a healthy lifestyle, with most of

the focus placed on the “big three”—eating well, exercising and staying social. However, keeping your brain stimulated is just as crucial in preventing cognitive decline. Much like strength training builds muscle, mental exercises can enhance cognitive function, stamina and resilience. When you stop engaging in activities that challenge the brain, its function can weaken over time, just as muscles lose strength without use. While the brain isn’t a muscle, but rather one of the body’s most complex organs, it still requires regular stimulation to maintain its health. Just as physical exercise supports your body, mental exercise strengthens your cognitive abilities and promotes neuroplasticity, keeping your mind sharp and adaptable.

“Neuroplasticity” is the fancy medical term used to describe your brain’s ability to learn and adapt. Think of it as an internal

rewiring process that allows your mind to grow and meet new and increased demands. This is essentially what allows you to develop and grow as a person and prepare to take on challenging and new tasks. When you learn something new, structural changes (rewiring) occurs within your brain. “New synaptic connections form between the billions of neurons in your brain as you take in information. It’s a constant process,” said Grace Tworek, Psy.D., at Cleveland Clinic.

MAKE YOUR BRAIN STRONGER

There are many ways to keep your brain active, so choose something that genuinely interests you or something you’ll enjoy sticking with in the long run. If an activity doesn’t appeal to you, you’re less likely to stay engaged over time. The good news is, it’s never too late to pick up a new hobby. Whether it’s something you’ve always wanted

to try or an activity you already love, keep challenging yourself and have fun while exercising your mind.

- **Solve puzzles and riddles** like crossword puzzles, Sudoku and other games to improve problem-solving skills, memory and focus. Play board games, card games and even video games that require strategy and thinking to stimulate the brain and enhance cognitive function. Even a few minutes a day of a challenging game that requires logic is enough to challenge and improve your memory and processing speed. Remember to continue to advance when a certain game or level gets too easy.
- **Learn a new skill**, such as a language, musical instrument or an artistic pursuit to challenge the brain and promote neuroplasticity. And once you’ve learned that skill, try teaching it to a friend. This reinforces what you’ve learned



The idea is to give your brain new experiences and challenge it regularly with new activities. Even if you don’t master a new skill or see immediate success, your brain still benefits from the challenge and novelty of the experience.

SIX PILLARS OF BRAIN HEALTH

Maintaining a sharp, resilient mind is essential as we age, and key factors contribute to cognitive well-being. The six pillars of brain health offer a holistic approach to optimizing mental function, promoting longevity and reducing the risk of cognitive decline. By focusing on these six areas we can build a strong foundation for a healthy brain. Let's explore each pillar and understand how it plays a crucial role in keeping our minds sharp and vibrant throughout our lives.

1. Diet and nutrition:

Nutritionists often stress the importance of maintaining a healthy diet at any age. When it comes to brain health, the best foods include fruits, vegetables, legumes, whole grains, plant-based or fish-derived proteins and healthy fats like nuts. Many of these food groups are rich in antioxidants, which help combat oxidative stress in the brain, a process that can lead to cell damage and cognitive decline.

2. Sleep and relaxation: It's no secret that sleep plays a vital role in both physical and mental health. Poor sleep and sleep disorders have been linked to an increased risk of dementia and cognitive decline. Quality sleep not only boosts energy and mood but also strengthens

the immune system and may help reduce the buildup of beta-amyloid plaques, which is an abnormal protein associated with Alzheimer's disease. Additionally, practicing meditation and managing stress can support brain health and help fend off age-related cognitive decline. Stay positive, stay happy and prioritize your well-being.

3. Physical exercise: Regular exercise is a powerful tool for brain health, reducing the risk of developing Alzheimer's disease. Physical activity enhances blood flow, strengthens memory, and triggers chemical changes in the brain that support learning, mood and cognitive function. Indirectly, exercise also improves sleep, boosts mood and helps reduce stress and anxiety. Problems in these areas often contribute to cognitive decline. Prioritizing movement is not just good for the body, but it's also essential for a sharp and resilient mind.

4. Social interaction: Staying socially active is another key factor in protecting against memory loss. Engaging in stimulating conversations, maintaining close connections with family and friends and participating in



social activities help keep the brain engaged and healthy. Research shows that individuals with strong social ties and frequent interactions experience a slower rate of memory decline.

5. Mental fitness: Just like physical exercise keeps your body strong, mental exercise is essential for maintaining a sharp and healthy brain. Engaging in activities that challenge your mind can enhance cognitive function, stimulate new brain cell growth and reduce the risk of dementia.

6. Medical health: Several health conditions, including hypertension, diabetes, obesity, depression, head trauma, high cholesterol and smoking, can increase the risk of dementia. The good news is that many of these risks can be managed. Regular check-ups, following your doctor's recommendations and taking medications as prescribed are essential steps in protecting your brain health.



“If you don’t use it, you lose it.” This common saying is reflected in physical fitness, cognitive abilities and other skills like music, language or even social interaction.

and is one of the best ways to expand your learning.

- **Read regularly** as this exposes you to new information, vocabulary and perspectives, which can stimulate brain activity and improve memory. It’s important to not only read the genre that interests you the most, but also a variety of other genres. You can learn new things and continue to build your vocabulary, while also exercising your imagination. Join a book club to read with others and hear perspectives that may challenge your own. For a greater challenge, read a book in a language you are learning.
 - **Enroll in courses** or workshops that cover topics outside your comfort zone to challenge your mind and expand your knowledge. It’s never too late to learn more about something you’ve been interested in.
- Saddleback College Emeritus

Institute aims to promote lifelong learning by providing classes that are academically rigorous, mentally stimulating and socially engaging. Emeritus classes range from the arts (ceramics, design, painting, etc.), English literature and creative writing, to biology, gerontology, health, human ecology, history and more.

SMALL ROUTINE CHANGES

Overall, the idea is to give your brain new experiences and challenge it regularly with new activities. These new activities don’t always have to be something big like learning a completely foreign skill, but variety is important in your daily life. Tworek suggested other ways to take a slight break from your usual routine:

- Take a new route to work or the grocery store. If you use GPS to navigate, turn it off for a bit and try to find your way.

- Find new recipes to make for dinner.
- Add something different to your exercise routine (within reason, nothing too crazy). If you’re a runner, try cycling or weightlifting.
- Use your non-dominant hand for tasks. So, if you’re right handed brush your teeth using your left hand.

As always, sleep is vital. “Sleep is when the information from the day is being consolidated in your brain,” said Tworek. “It helps your brain more than you can imagine.”

Having fun with your new ventures is just as important as the activity itself. Even if you don’t master a new skill or see immediate success, your brain still benefits from the challenge and novelty of the experience. The key is to enjoy the process. Learning, exploring and stepping outside your comfort zone all contribute to keeping your mind active and resilient.



CONNECTED FOR THE FUTURE

Explore how Ting's fiber network is transforming life in Laguna Woods Village.

By VMS Inc. Staff

Laguna Woods Village has entered a new era of connectivity, thanks to a game-changing partnership with Ting Internet. Construction is now underway to bring ultra-fast fiber internet to every home in the community, marking a major step forward in how residents connect, communicate and live.

FIBER INTERNET ARRIVES

On April 30, the Golden Rain Foundation (GRF) finalized a contract with Ting Internet to build a high-speed fiber network designed specifically for Laguna Woods Village. Ting, known for its reliable service and exceptional customer support, is delivering symmetrical internet speeds of up to 2,000 megabits per second—enabling effortless streaming, telehealth, video calls and smart home features.

“Whether it’s talking with family, seeing a doctor virtually, or watching your favorite show, internet connectivity has become essential,” said former GRF Board President Cush Bhada. “This partnership with Ting ensures our residents have the technology they need now and for the future.”

CONSTRUCTION IN PROGRESS

Construction officially began June 9 in the southeast section of the

Village, near Gates 1 through 4. Ting’s professional crews are working carefully near homes, installing underground handhole boxes, which are access points that manage fiber connections, and identifying existing utility lines to ensure a safe installation process.

Residents may notice harmless, biodegradable paint markings on sidewalks or grass; these are required to map out utility locations and will naturally fade over time. Ting is committed to restoring any disturbed areas to their original condition and maintaining clean, organized work sites.

Highly visible signage marks active construction zones, and

these signs move as crews progress throughout the community, helping residents stay informed with minimal disruption.

SPEED AND STABILITY

Fiber internet brings more than speed—it brings stability. Unlike traditional connections, fiber maintains consistent performance even with multiple devices online at once. Whether using video doorbells, smart TVs or virtual assistants, fiber enables modern tools that support safety, independence and daily convenience.

And thanks to a partnership with DirecTV Stream, residents can enjoy a robust entertainment package that includes live, on-demand and recorded TV without the need for a cable subscription or set-top box rentals.

MORE VALUE FOR LESS

The new system improves both service and cost. Residents gain access to over 100 streaming channels (up from the current GRF basic lineup of 93), premium services like Max+ and Paramount+ with Showtime at no additional cost, and ultra-fast internet—all while paying less on average each month.

By reducing costs and eliminating outdated technology, the fiber network also supports energy efficiency across the Village.

HELP AND SUPPORT

To help residents maximize the benefits of their new fiber service, Ting has launched a Village-specific support site at tinginternet.com/lagunawoodsvillage. There, you can:

- Learn how fiber internet works—and why it’s the fastest, most reliable option.
- Understand internet speed and how it affects everyday use.
- Explore tips on routers, Wi-Fi performance and device setup.
- Submit questions or construction feedback.
- Stay informed with regular updates tailored to Laguna Woods Village.

WANT TO DIVE DEEPER?

To explore broadband and the Ting project in greater detail:

- Download the FAQ for answers to common questions about construction, costs, service features and more at bit.ly/4jpPbTy.
- Request a copy of the white paper, “The Next Generation

of Technology,” by emailing Broadband Services General Manager Paul Ortiz at paul.ortiz@vmsinc.org.

- Watch expert discussions on Village Television’s YouTube channel—search “the future of broadband” and watch “Tech Talk” with Debbie Dotson and the PC Club presentation with Gary Russell.

LOOKING AHEAD

This partnership with Ting isn’t just a technology upgrade—it’s an investment in the Village’s future. With fast, stable internet and simplified access to entertainment and smart home features, residents are better equipped to stay informed, entertained and connected.

“We’re proud to work alongside Laguna Woods Village to build a network that supports every aspect of modern living,” said Ting Internet Senior Vice President C.J. Ehrenreich. “From construction to customer care, we’re here to make the experience seamless.”

With work already underway and benefits rolling out soon, the Village’s digital future has officially begun, and it’s faster, smarter and more affordable than ever before.

SERVICE COMPONENT	CURRENT AVG. MONTHLY COST	NEW AVG. MONTHLY COST
Internet	\$40.95	\$40
Broadband Portion of HOA Fee	\$29.60	\$25
Set-Top Box Rental	\$14.84	\$0
Broadband Capital Expenses	\$1.96	\$6.50
Total Monthly Cost	\$87.36	\$71.50

John Andersonis and Everett Vitali became good friends through a shared passion at the Clubhouse 4 woodshop.



Where Passions **TAKE SHAPE**

Discover the creative sanctuary that is Clubhouse 4.

By Ellyce Rothrock and Jennings Lai

Tucked into the heart of Laguna Woods Village is a creative sanctuary where paint flows, kilns glow, needles hum and ideas come to life—Clubhouse 4. Known as the Village's arts and crafts haven, this one-of-a-kind facility offers a world of opportunity for artists, makers and curious beginners alike. Whether you're dabbling for the first time or picking up where you left off decades ago, Clubhouse 4 provides the space, tools and community to help you grow your passion at any level.

Open daily, with extended evening hours on Tuesdays and Thursdays, Clubhouse 4 is more than a clubhouse; it's a hub of imagination and hands-on creation. Studios are available for residents to enjoy seven days a week (except major holidays), and friendly, knowledgeable volunteer supervisors help maintain safe, welcoming environments for exploration and learning.

A STUDIO FOR EVERY PASSION

Clubhouse 4 is home to fully equipped studios and workshops that

Clubhouse 4

23501 Via Mariposa West
Laguna Woods, CA 92637
949-597-4344

Hours

Daily: 9 a.m. - 4 p.m.
Tuesdays and Thursdays:
9 a.m. - 8 p.m.
(Closed on major holidays)

Pool 4 Hours

Mon. - Thu., Sat. - Sun.:
7 a.m. - 10 p.m.
Fridays: 9 a.m. - 10 p.m.

cater to a wide range of interests and skill levels. Whether your creative spark is just a flicker or a full-on flame, you'll find the right outlet here:

- **Art studio:** Pick up a brush or pastel and let your inner artist emerge.
- **Ceramics and slipcasting:** Sculpt, glaze and fire original ceramic pieces in professional kilns.
- **Glass studio:** Cut, shape and fuse glass into dazzling works of art.
- **Jewelry and lapidary:** Create stunning wearable art using precious metals and polished stones.
- **Photo lab:** Explore digital and film photography with access to tools and equipment.
- **Quilting and sewing rooms:** Stitch beautiful pieces in a space outfitted with everything you need.
- **Woodshop:** Cut, carve and build with precision in our hands-on workshops.

A PARTNER IN LIFELONG LEARNING

Laguna Woods Village is proud to be affiliated with the nationally recognized Saddleback College Emeritus Institute, a program designed specifically for older adults seeking intellectually rewarding experiences. Clubhouse 4 serves as an active classroom space for Emeritus Institute courses in arts, ceramics, photography, textiles and lapidary work, offering residents the chance to sharpen skills or learn entirely new ones in a structured, supportive setting.

RESTORING PHOTOS AND SMILES

John Moule and his wife Susan have called Laguna Woods Village home since 2017. One of the biggest draws was the Village's wide range of amenities. From hiking and golfing to archery, everything they need is close by. But for Moule, one amenity stood out: the photo lab.

Since his teenage years, Moule has experimented with cameras and techniques. The fully equipped photo lab gave him the chance to continue and deepen that passion. He values the range of tools available, which allow him to learn new skills and assist fellow residents. "The photo lab was a big draw for me because it had everything in there that I've never had a chance to experiment with," he said.

Part of the Village's Camera Club, the lab offers professional-grade resources like printers, scanners, editing software, matting tools, a darkroom and more. It's a hands-on space where residents of all experience levels can create and preserve visual memories.

Moule is the go-to person for photo restoration. He can colorize, edit and restore old photos and even add missing family members. One touching moment came when a resident brought him a treasured photo of her and her mother in Mexico. She wanted to give copies

to her grandkids but wasn't smiling in the picture. Moule took the image home, worked on it and added a subtle smile. "When I brought it back and showed it to her, she cried," he said. "She put her arms around me and said 'thank you so much.' So, you know you get a lot of positive feedback."

Residents often come in with requests that challenge Moule in new ways. There's always a learning curve for certain techniques and tasks, but at 81, he "looks for any excuse to do mental exercise." He regularly participates in Emeritus classes held in the studio, which help him stay mentally active and engaged with the community.





MORE THAN ART: RECREATION AND RELAXATION

While creativity fuels Clubhouse 4, leisure and wellness also

flourish here. The facility includes locker and shower facilities and one of the Village's favorite pools.

Pool 4 boasts the warmest water in the community, kept at a comfortable 84-86°F year-round. This Olympic-sized pool also offers the longest hours and includes accessible features like a ramp, an ADA-compliant Admiral lift chair and hot pool access.

While there are no lap lanes, lap demarcations on the pool floor help guide swimmers.

Whether winding down after

studio time or starting your day in the water, Pool 4 blends creativity with relaxation.

PLAN YOUR VISIT

If you've never stepped foot on Clubhouse 4 grounds or in any of its studios, discover its energy, possibilities and sense of camaraderie. Individual studio hours vary depending on volunteer availability, so call ahead or stop by to learn more, create, connect or simply try something new and leave inspired.

FINDING ART AND FRIENDSHIP IN THE STUDIO

Robert Wiess is an 82-year-old retired psychiatrist from Cleveland, Ohio. He and his wife Lacey spend their winters in the Village. While they came for the lifestyle, he discovered something unexpected: the art studio.

"I've always been interested in art," he said, "but I was never interested in producing it myself."

That changed during his early years in the Village when he began spending more time in the studio. "I used to be at the studio every other day," he recalled. "It's one of the many great things about the Village. There are so many clubs but the highlight for me is the art studio."

Wiess has taken more than 20 classes through Saddleback Emeritus and the studio, but for him, the real draw is the atmosphere. "The classes really are a lovely treat. The environment is welcoming, supportive and everyone shares their knowledge, and it's really unlike traditional class settings where everyone feels more critical."

He especially enjoys those days when the studio stays open late two evenings a week. "There's a nice quiet energy that has a peaceful tranquility

where you can finish your piece," he said.

Many of the artists he paints alongside have backgrounds in art education and love to share what they know. That shared creativity and teaching energy creates a unique, meaningful environment. "When I walk into each class, I know at least one friend or acquaintance, fellow painter, kindred spirit. Chatting about earlier lives has been a wonderful social catalyst."

Wiess also sees the studio as an answer to a deeper issue. "There is a gender-specific isolation in men as they age," he noted. "Golf and pickleball are two major bonding activities, but the art studio has been my major social place."

Even when he returns to Cleveland for the summer, he misses that connection. "I love the idea of chatting with others and sharing their creativity, even if I'm not particularly interested in the subject."

Above all, the studio brings joy. "The youthful delight that comes out of a drawing, color, fashioning an image onto canvas, it has its own zestful importance. The light of mastery and joy extends past the class in making something with your hands."

CARVING OUT A NEW LIFE

For Everett Vitali, the woodshop at Laguna Woods Village is more than a hobby. It is a place of healing, creativity and connection. Originally from the East Coast, Vitali spent most of his career in Manhattan. A self-proclaimed businessman, he never imagined spending retirement surrounded by sawdust and hand tools.

He and his wife Heather moved to Laguna Woods Village five years ago with dreams of travel. But during their 50th anniversary celebration in India, tragedy struck when his wife passed away unexpectedly at dinner. "I'll never forget the feeling of us going in separate directions," he recalled. His daughter Marisa met him at the airport and has been by his side ever since.

Navigating grief and retirement, Vitali explored Village activities, including archery, bocce and the Foodies Club. He and his daughter also garden together. But the Clubhouse 4 woodshop became his true refuge, decades after he'd last taken shop class in high school.

Though always handy, Vitali never considered himself artistic. That changed when he began building birdhouses. In November 2022, he completed 20 for his first Bonanza event sale and sold them all. Creating with his hands sparked something new.

Now 82, Vitali spends most weekdays in the woodshop and he's the official Monday supervisor. He guides newcomers and refines his craft, currently specializing in wood inlays inspired by the natural grain and shape of the wood. His handmade cutting boards, utensils and oversized tweezers for wheelchair users are both functional and beautiful. He has recently begun experimenting with carvings and walking sticks inlaid with gems from the lapidary studio.



"I never thought of myself as creative," he said. "After my second Bonanza, I told my daughter, 'Marisa, they're calling me an artist.' And she said, 'Well, Dad, you are.'"

What makes the woodshop special isn't just the tools but also the people. While formal classes aren't held for insurance reasons, there's always guidance and encouragement. Vitali and other supervisors mentor beginners, remembering how overwhelming the machines can seem at first. But once someone completes a project, everything changes. "They want to make more. They want to show it to their partner. That pride, that sense of accomplishment is what keeps people coming back."

The woodshop also provides Vitali something deeply personal. He's noticed his heart rate lowers and his body relaxes while he works. "It's a distraction from the physical aches of aging," he said. "But more than that, it gives me purpose."

After just three years in the shop, Vitali still calls himself a novice. But his handcrafted creations and the encouragement he offers others say otherwise. The woodshop has become more than a creative outlet. It's where he has built a second life, one birdhouse, walking stick and meaningful conversation at a time.



LIGHT AND SHADOWS

The Camera Club serves the Village and greater community through each unique point of view.

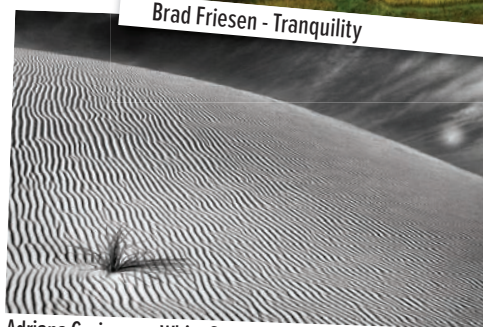
*Submitted by Camera Club President John Cornell
and Publicity Chair Myrna Keitges*



Adriana Greisman - Flower Field a la Monet



Brad Friesen - Tranquility



Adriana Greisman - White Sands Dunes

A cornerstone of the community since its inception in 1966, the Camera Club of Laguna Woods Village was established by a group of photography enthusiasts and since 1977 has made its home at Clubhouse 4. Under the direction of a forward-thinking board of directors, the club's evolution allowed it to embrace recent technologies and expand its activities to cater to the diverse interests of its members. In 2024, the club grew to 391 members.

PHOTO LAB COMMUNITY SERVICES AND MODERNIZATION

The photo lab is a space where club members can refine their skills and produce high-quality work, and residents can benefit from a wide array of services, including:

- Scanning negatives, slides and prints
- Software and digital editing
- Matting tools and services
- Product shoots for local artisans
- Expert assistance to those looking to improve their photographic skills or seeking help to produce professional-quality prints

UPCOMING EVENTS

July 16 – San Diego

Botanic Garden trip: Make reservations on the club website at cameraclublvv.org or in person at the photo lab for the club's next trip by chartered bus.

August 18 – Annual Slide

Show Competition: Members of the audience select the winner of this fun event.

September – Pet Portraits:

Throughout the month of September, the club provides pet portraits to the community.



Mary Madden - Moab mountain lion



Mary Madden - Provence lavender fields



Keith Leonin - Woman of Hoi An

One significant milestone in the club's history is its ongoing modernization in its photo lab. Upgrades include state-of-the-art Mac computers that members and residents can access to process and edit their photographs. The club plans to add PCs in the near future.

Lead Supervisor John Lafferty is guiding the modernization project with his education and experience as a film editor in the television and movie industries. Club members and residents can make tax deductible donations to the Photo Lab Modernization campaign through the Village Community Fund at bit.ly/43SZUQI.

SHOWCASES, DIGITAL CRITIQUES AND CLASSES

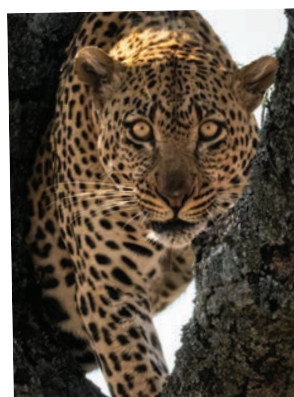
Monthly club showcases exhibit the work of club members and community photographers to allow them to share their creations with the community and celebrate their achievements.

Digital critiques are a key component of the club's educational activities. During these sessions, members' digital photos are evaluated by invited judges, who are themselves professional photographers. The critiques focus on various aspects of photography, such as composition, exposure, lighting and other techniques. These sessions are invaluable for learning and improving one's photographic skills.

The club also offers various classes and workshops that present diverse topics and cater to photographers of all skill levels, from basic photography techniques to advanced post-processing methods, to smartphone photography. Led by knowledgeable instructors, the classes provide hands-on experience and personalized guidance.

CLUB AND MEMBER TRIPS

The club recently began organizing exciting club trips that take members to various locations by chartered bus and provide opportunities to



Mary Madden - Tanzanian leopard

MORE INFO

Located at Clubhouse 4, the photo lab is open Monday, Wednesday through Friday from 10 a.m. to 2 p.m. and Tuesday from 10 a.m. to 8 p.m.

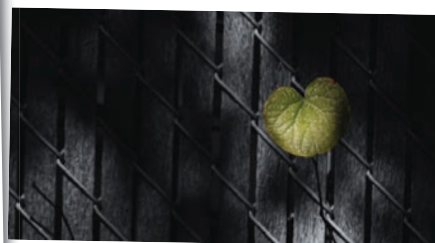
Visit our website

cameraclublvw.org or
find us at [facebook.com/](https://facebook.com/CameraClubLWV)
CameraClubLWV or
instagram.com/cclwv2024.

practice photography in different settings and environments. Whether it is capturing the beauty of nature at The Huntington library, art museum and botanical gardens, or the beauty of wildlife at San Diego Zoo Safari Park, club trips offer a chance to apply learned techniques and discover new perspectives.

The club also promotes member field trips so club members can pursue their personal photography interests and share the experience with other club members.

The Camera Club of Laguna Woods Village continues to nurture a diverse community of photographers. Its dedication to education, creativity and community engagement ensures that it remains a valuable resource to the Village.



Russ Lazar - Dapple Light



PLANNING FOR THE UNPREDICTABLE

TV6 program teaches residents how to prepare for and protect themselves in an emergency.

By Marcy Sheinwold, for the Foundation of Laguna Woods Village

The fires in Los Angeles were a wake-up call, but they are contained now and the rains came. Yet we cannot ignore the threat of wildfires, even here in Laguna Woods Village.

A new televised interview series titled “Planning for the Unpredictable” focuses on different aspects of emergency preparedness. Like many of you, foundation board members became concerned that wildfires could impact the Village and wanted to know how to prepare.

Four interviews in this series focus on emergency safety for Laguna Woods Village:

- Village Management Services Director of Security Eric Nuñez discusses preparations underway in the Village, the relationship with Orange County Fire Authority (OCFA) and Orange County Sheriff’s Department (OCSD) during emergencies, what to expect if evacuation is required and steps you can take to protect yourself.
- OCFA Captain Thanh Nguyen describes the resources available via the city’s contract and suggestions for residents to be fire safe.



- Chief of Police Services for the City of Laguna Woods Captain Jack Ackerman explains OCSD’s role during fire emergencies and evacuations and provides general safety recommendations.
- MemorialCare Saddleback Medical Center Program Manager Dagian Cole describes the hospital’s emergency preparedness efforts including mass casualty drills.

You can watch this series on Village Television at 4 p.m. on Wednesdays and at noon on Saturdays. You can also access these interviews on demand at [YouTube.com/@VillageTelevision](https://www.youtube.com/@VillageTelevision) and on the foundation’s website at foundationoflagunawoodsvillage.org on the Disaster Preparedness tab.

This televised series is part of the foundation’s and VMS’ public education partnership that utilizes various media to emphasize having a “go bag” ready, accessing alert systems and using smartphone notifications in an emergency.

If you have any questions or would like to learn more about “Planning for the Unpredictable,” please email the foundation at thefoundation@comline.com or call **949-268-2246**. You also can visit our website at foundationoflagunawoodsvillage.org.

COMMUNITY CONCERTS 2025-2026 SEASON

*Submitted by Ian Samson for
Community Concerts of Laguna Woods Village*

Our 2024-2025 concert season gave us a hard act to follow, but we are delighted to announce another spectacular chamber music season at the Performing Arts Center (PAC). Thanks to our members and generous donations, we have once again assembled six concerts featuring world-class musicians and groups.

SCHEDULE

October 26: Spanish Brass, a world-renowned brass quintet, blends classical and contemporary styles and is celebrated for its dynamic performances and innovative artistry.

November 9: Arnaud Sussmann, an acclaimed violinist celebrated for his profound musicianship, performs globally as a soloist, chamber musician and recording artist.

January 18: Ying Li, remembered as the pianist with the AYA trio, performs globally with major orchestras, showcasing her artistry in both solo and chamber music.

February 22: The Juilliard String Quartet, one of the most celebrated string quartets in the world, is known for their precision, artistry and innovation as pioneers in both the classical and contemporary repertoire.

March 15: Trio Bohémo, an award-winning Czech piano trio, is celebrated for dynamic performances and mastery of classical and contemporary repertoire.

April 19: The Mesa-Yakushev Duo, featuring Cuban-American cellist Thomas Mesa and Russian pianist Ilya Yakushev, is celebrated for its synergy and storytelling and captivates audiences with dynamic interpretations of classical and contemporary repertoire. Repeat performance at your request.

MEMBERSHIP

Concert tickets are available by seasonal membership, and individual tickets are not for sale. Membership dues are \$80 per person and include access to the six-concert series.

To pay by credit card, fill out a form at our website

[comconcertslwv.com](https://www.comconcertslwv.com).

Make checks payable to Community Concerts of Laguna Woods Village and send with a completed downloadable application form and self-addressed stamped envelope to P.O. Box 2821, Laguna Hills, CA 92653.



A PEOPLE BUSINESS

The Department of Security Services works to ensure community safety, standards and well-being.

By Susan Logan-McCracken



Security, Compliance and Social Services all fall under the umbrella of the Department of Security Services all directly interrelated in serving community needs. Here's a snapshot of the department's leadership.

ERIC R. NUÑEZ, DIRECTOR OF SECURITY SERVICES

The eldest child of a Vietnam War hero and his widow, Eric Nuñez learned the value of service at a young age. After following in his father's footsteps and serving honorably in the United States Army, he spent over 30 years in law enforcement rising to the rank of chief of police, making him suited for leading VMS' Department of Security Services. He worked on every major disaster that impacted Orange County from 1991 to 2022 and the LA riots of 1992, making him especially suited for his role of overseeing the Village's Disaster Preparedness Task Force.

"Much like law enforcement work, there really is no typical day because this is a people business," he said. In addition to planning, organizing and directing the department, three managers from three different divisions report directly to him. Although his job involves responding to communications, having internal staff meetings, attending various board and committee meetings, preparing staff reports or recommendations, as a resident-centered department, calls for service can quickly rearrange his schedule, but he enjoys the challenging work and having the opportunity to creatively solve problems.

In his role, he emphasizes professional development for department employees so that they are better able to deliver on VMS' mission statement, "to provide resident-focused services in a responsible way."

"I am big on relationship building, professional development and servant leadership that supports not only the members and residents but also the large workforce necessary to deliver on this high level of service," he said.

He and his wife are celebrating 30 years of marriage this year. They have four children, five grandchildren, one American quarter horse, two German shepherds, two chickens and one silver tabby. He and his wife love to hike, visit Laguna Beach and the Colorado Rockies, travel and spend time with their human and animal menagerie.



TOM SIVIGLIA, SECURITY OPERATIONS MANAGER

Tom Siviglia's time volunteering with the American Red Cross taught him the importance of compassion, communication and quick decision-making. His service as an Orange County Fire Authority (OCFA) captain gave him firsthand experience in emergency response and leadership under pressure. And his career as a police officer provided valuable insight into community engagement, conflict resolution and public safety, all of which directly support his current responsibilities as the department's operations manager.

He oversees the daily operations of Security Services, ensuring the safety and security of residents, VMS staff and property. This includes supervising personnel, enforcing policies and procedures, managing incident response, and coordinating with law enforcement and OCFA. His role also involves maintaining and

troubleshooting physical security systems (such as cameras, gate access and RFID systems), managing other departments' relationships and overseeing departmental budgets. Additionally, he ensures staff are properly trained, conducts risk assessments and supports emergency preparedness and response efforts. Except for the director, all Security Services personnel report to him, including supervisors, patrol officers, traffic specialists, dispatchers, gate ambassadors and administrative staff.

Before his 18 years with VMS, he retired from the Cypress Police Department, where he served as a patrol officer, a member of a county-wide gang suppression task force, a drug abuse resistance education (DARE) instructor and as the city's first school resource officer. In addition, he founded and advised the department's police explorer post.

Today he enjoys helping residents, solving problems and mentoring employees to reach their goals, especially those who have transitioned into law enforcement officers or sheriff's deputies. He aims to improve operational efficiency, advance staff technology utilization, establish a robust emergency response posture and enhance resident safety and satisfaction. He recently confessed: "I love this community so much that I even moved my mom here!"

FRANCIS GOMEZ, CMCA, COMPLIANCE OPERATIONS MANAGER

Francis Gomez' extensive experience in public relations, knowledge of California Civil Code and comprehensive understanding of community governance have proven essential in her role as Compliance Division operations manager. She manages the Village's rules enforcement program, oversees all phases of operations within the Compliance Division, ensures the division meets the boards' objectives and supports Village residents.

"What I find most satisfying about my work is the people," she said. "I am in a unique position, as I get to interact with residents on an individual basis, I have the pleasure of working with the boards on the disciplinary process and policies, and I interact with various departments throughout the organization."



The cherry on top is the group of individuals that I get to call my team.” She also enjoys the opportunity to strategically plan and implement programs that directly contribute to the Village boards’ objectives and make a positive impact on the community. “I get a great sense of accomplishment in solving problems, fostering a well-trained and capable team and ultimately helping to maintain the standards of the Village.”

Her daily tasks are quite varied in her efforts to identify and resolve any unique compliance issues. She endeavors to ensure the effective implementation of all board directives within her assigned programs and committees by focusing on developing and supporting her highly capable and well-trained team. Ultimately, her goal is to sustain the levels of excellence for the residents and the boards.

She is deeply committed to working effectively and constructively with everyone at Laguna Woods Village. “I have served the Village since 2005 and find so much fulfillment in the positive relationships with co-workers, residents, the boards and individuals I interact with. I have a supportive director who provides great leadership and a group of individuals who I am proud to have on my team. I count myself blessed to see their dedication and excellence daily in serving the Village.”



**LOURDES OSEGUERA, LCSW,
SOCIAL SERVICES MANAGER**

Lourdes Oseguera is a licensed clinical social worker who has experience working with older adults in skilled nursing, hospital and community settings. These experiences fostered her passion for working alongside older adults and their families as they navigate life’s transitions. She initially worked in the division as a liaison for Alzheimer’s Orange County in January 2020 and developed an understanding and passion for working with the Village community. When the opportunity arose, she became a VMS social worker in August 2020 and the division manager in October 2024. She develops programs, manages a caseload, provides clinical supervision, oversees agency partnerships, leads community education efforts and ensures operations abide by state laws and ethical guidelines.

“The mission of the Social Services Division is to help residents maintain their

independence and enhance the quality of their lives,” she said. To fulfill that mission, she manages a dedicated staff of four VMS social workers, one Council on Aging partnering social worker, an administrative supervisor and an administrative specialist. As a team they provide individual counseling, link residents to community services and programs, facilitate educational seminars and help families create long-term care plans when their health has changed. Striving to create a space where individuals feel heard, respected and empowered, the division’s approach is collaborative and strengths-based, seeing individuals as the experts in their own lives. Together they identify meaningful goals, build on individual strengths and develop practical tools and coping strategies to address concerns.

“Residents show remarkable strength as they navigate some of the most challenging times in their lives. It’s a privilege to walk beside them, offering support, guidance and connection to services they may not have known existed. When a resident finds clarity in an answer or comfort in a moment of uncertainty, it’s powerful. Whether problem solving through case management or personal growth in counseling, witnessing a resident’s resilience is inspiring.”



RENT-FREE CO-OCCUPANCY

Learn the rules for co-occupants, sublessees, lodgers and guests.

By Francis Gomez, CMCA, Compliance Operations Manager

United Laguna Woods Mutual permits co-occupants, sublessees and lodgers, as long as they meet the requirements in the governing documents and are approved by the board of directors.

As a shareholder, you're responsible for ensuring that anyone you allow to live in or visit your unit, whether a co-occupant, sublessee, lodger or guest, follows all community rules. Violations may lead to a disciplinary hearing and possible fines, suspension of privileges or even membership termination.

To stay in compliance, it's important to understand the differences between co-occupants, sublessees and lodgers (especially regarding rent) and to know the rules for hosting guests.

CO-OCCUPANTS

Co-occupants are individuals who reside with the qualified shareholder, and no landlord-tenant relationship exists between them. No rent may be paid or collected, and both the shareholder and co-occupant must initial a statement to that effect on the application. The co-occupant must live in the unit alongside the qualified shareholder.

SUBLESSEES

A sublessee is a tenant in a landlord-tenant relationship in which rent is collected, the shareholder does not reside with the sublessee, a lease agreement is executed between the parties, fees are charged to process and review the sublease application, sublessees count toward the 25% community-wide cap and the sublease agreement is renewable.

LODGERS

A lodger is part of a landlord-lodger relationship in which rent is collected, the shareholder must reside in the unit with the lodger, the lodger rents a room within the unit, a room rental agreement is executed between the parties, fees are charged to process and review the lodger application, the agreement is renewable and only one lodger is allowed per unit.

GUESTS

Guest occupancy is permitted for a maximum of 60 days per 12-month period per guest, is allowed only when a qualifying resident or co-occupant is also living in the unit, and residents must accompany their guests at all times.

Whether co-occupants, guests, lodgers or sublessees, owning a manor in the Village affords options depending on your lifestyle needs. Understanding the rules and responsibilities go a long way in ensuring everyone's happiness.



YOUR GATEWAY TO SERVICE

Resident Services makes Village life easier.

By Ellyce Rothrock

Just inside the doors of the Laguna Woods Village Community Center is a vital resident support hub: Resident Services, a bustling division of Village Management Services that is the first stop for thousands of residents seeking answers, assistance or connection.

While the walk-in experience is always met with a smile, many services offered by Resident Services are available without ever leaving home. Whether you're looking to pay your monthly assessment, submit a work order or register a guest, Resident Services is more accessible than ever—online, over the phone or via email.

SKIP THE WAIT: GO ONLINE

Avoid lines and reduce call wait times by using the Laguna Woods

Village resident portal at portal.lagunawoodsvillage.com. From the comfort of your couch, you can:

- Submit service requests
- Pay assessments or other charges
- Review account balances and billing statements
- Update emergency contact information
- Check resident and vehicle information
- Print account statements

Need help getting started? Access a helpful portal tutorial at bit.ly/4937s4U.

PREFER TO CALL? USE THE CALLBACK OPTION

Weekday mornings can be the busiest time to call Resident Services. Instead of waiting on hold, choose the callback

option to hold your place in line without staying on the phone. A representative will return your call as soon as possible. For general, nonemergency inquiries, you can also email residentservices@vmsinc.org.

URGENT ISSUE AFTER HOURS?

If you're experiencing an urgent issue like a plumbing backup or a leak outside regular business hours—including nights, weekends or holidays—call **949-580-1400** to reach the Security Services Department. Their team will quickly assess the situation and dispatch appropriate help.

For medical, police or fire emergencies, always dial **9-1-1**.

GUEST ACCESS, PASSES MADE EASY

Planning to have visitors? The dwellingLIVE app is the fastest, most efficient way to register guests and issue day passes or overnight parking permits. Download the app from Google Play or the App Store, or visit lagunawoodsvillage.com/passes for added convenience.

Passes are required for all vehicles parked within the Village. Create overnight parking permits for up to two weeks using dwellingLIVE or call Gate Clearance at **949-597-4301**. For stays longer than two weeks—or to request an annual pass—please contact Resident Services.

View online tutorials at bit.ly/48c2ql8, bit.ly/3uglrnJ and bit.ly/42tZf7c.

Helpful classes specific to Village technology are held at the Bob Sellards PC Club Learning Center in the Community Center. Visit thepcclub.org to register on the PC Club website and select Class Registration in the left menu, or visit the PC Club Learning Center from 10 a.m. to 4 p.m., Monday through Friday.

MAINTENANCE AND LANDSCAPING REQUESTS

To report a maintenance issue or request landscaping services, simply email or call Resident Services to start a work order.

Got yard clippings? The Village offers free garden waste pickup every Friday morning. Just email or call Resident Services by noon on Thursday, provide your address and place your green waste by the curb (but not until Thursday evening).

BROADBAND SUPPORT

Resident Services also handles customer service for Broadband Services, which provides cable television to the community. Call **949-837-2670** or visit in person with questions.

TRASH, RECYCLING AND BULKY ITEMS

Trash, recycling, organics collection and bulky-item pickup is managed by CR&R Inc. Place unwanted bulky items out by your shared trash enclosure or on the curb where your personal trash and recycling carts are collected on your area's collection day between 7 p.m. the night before and 8 a.m. the day of your pickup.

For assistance with bins, service schedules or general waste-related questions, contact CR&R at **949-625-6735** or LagunaWoods-Recycles@CRRmail.com.

WE'RE HERE TO HELP

Whether you stop by, call, email or log in, Resident Services is your one-stop resource for managing the day-to-day logistics of Village life. Behind every interaction is a dedicated team of professionals who care deeply about providing prompt, helpful and courteous service.

RESIDENT SERVICES

Laguna Wood Village Community Center
24351 El Toro Road
Laguna Woods, CA 92637
Monday - Friday, 8 a.m. to 5 p.m.
949-597-4600
residentservices@vmsinc.org
lagunawoodsvillage.com/residents



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
info@vmsinc.org

AMENITIES AND RECREATION

General Information 949-597-4273
recreation@vmsinc.org
 19 Restaurant and Lounge 949-206-1525
 Clubhouse 1 Office/Pool 1 949-597-4281
 Clubhouse 1 Fitness Center 949-597-4284
 Clubhouse 2 Office/Pool 2 949-597-4286
 Clubhouse 4 Office/Pool 4 (Mon - Fri) 949-597-4291
 Clubhouse 4 Office/Pool 4 (Sat & Sun) 949-597-4344
 Clubhouse 5 Office/Pool 5 949-597-4382
 Clubhouse 6 Office/Pool 6 949-597-4436
 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
lwvillagelibrary@yahoo.com
 Village Television 949-597-4295

COMMUNITY ACCESS

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

EMERGENCY AND MEDICAL SERVICES

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

The Laguna Woods Village Community Center

24351 El Toro Road

Laguna Woods, CA 92637

lagunawoodsvillage.com

949-597-4600

Emails provided where available

MISCELLANEOUS

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

RESIDENT SERVICES

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

SECURITY

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

TRANSPORTATION

Village Bus System 949-597-4659

UTILITIES

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

In Your Neighborhood

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



GRF PROJECT LOG

UNITED MUTUAL PROJECT LOG

THIRD MUTUAL PROJECT LOG

GRF Facilities Sweeping Schedule

1ST FRIDAY OF THE MONTH

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

2ND FRIDAY OF THE MONTH

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

3RD FRIDAY OF THE MONTH

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

4TH FRIDAY OF THE MONTH

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

5TH FRIDAY OF THE MONTH (WHEN APPLIES)

4 to 7 a.m. RV Lots
Golf Maintenance

Street Sweeping Schedule

**All times are approximate and subject to change*

MONDAY TO FRIDAY

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

MONDAY

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

TUESDAY

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

WEDNESDAY

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

THURSDAY

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

FRIDAY

GRF Facilities
Please see GRF Facilities Sweeping Schedule.

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



KEEPING TERMITES OUT ONE TENT AT A TIME

Your guide to the Village's annual fumigation program and how to get ready

By Ian Barnette, Maintenance and Construction Assistant Director

The Village Management Services (VMS) Maintenance and Construction Department and your mutual are committed to protecting your home through the annual fumigation program, which targets termites and other wood-destroying insects that threaten building structures.

WHAT TO EXPECT: WHOLE-STRUCTURE FUMIGATION

Fumigation involves tenting the entire building for a two-day treatment. During this time, all residents, guests and pets must vacate the premises until it's certified safe to return.

Fumigation is often the only fully effective method for eliminating certain infestations. The structure is sealed for up to 18 hours while fumigants work to eliminate pests. Afterward, professional fumigators use fans to aerate the building, then test the air to ensure it's safe for re-entry based on EPA-approved standards.

RESIDENT NOTIFICATION AND SCHEDULING

All residents are not affected at the same time. Typically, approximately 50 to 70 buildings in each housing mutual are completed each year. Residents are notified in advance when their building is scheduled for fumigation. VMS follows a thorough notification process to ensure

For more information, visit lagunawoodsvillage.com/services/maintenance > Fumigation Information.

HOW TO PREPARE

Plan your stay. During fumigation, you must vacate your home. You may take advantage of a complimentary two-night stay at voco™ Laguna Hills.

Provide access to your manor. Newport Exterminating must access all areas of your home, including garages, closets and storage spaces. Choose one of the following access options:

- Leave a spare key at Resident Services (Community Center) before fumigation day.
- Hide a spare key outside and inform the operations coordinator of its location.
- Be present to let in the crew between 7 a.m. and 4 p.m. on fumigation day.

If you've provided a key in advance, you may lock your front door but do not lock the deadbolt.

Bag food and medicine. Double-bag all non-factory-sealed food and medicine using Nylofume bags provided by Newport Exterminating.

Arrange transportation. You are responsible for your own, but you may qualify for reduced fares through the City of Laguna Woods' Senior Mobility Program. Call **949-639-0500**.

all affected residents and non-resident owners are informed in compliance with California Civil Code and mutual directives.

The 2025 fumigation program runs from July through November (excluding major national and religious holidays), and is conducted by Newport Exterminating, the mutual's certified fumigation contractor.

You'll receive a notification letter 15 to 30 days before your building's scheduled fumigation, including detailed preparation instructions and contact

information for VMS staff and vendors.

HOTEL STAY AND PLANT ASSISTANCE

As a courtesy, VMS and your mutual provide:

- A complimentary two-night stay at voco™ Laguna Hills.
- Pet-friendly accommodations: no need to find separate lodging for your pets. Pet boarding is offered at a discounted rate but must be arranged and paid for directly by residents.

- Plant removal assistance—If you need help moving large potted plants, South Coast Restoration will assist upon request. This service is no longer provided by VMS Landscaping Services and helps minimize the time plants are displaced.

WE'RE HERE TO HELP

This program is designed to safeguard your home while minimizing inconvenience. Thank you for your cooperation as we work together to maintain a safe and pest-free community.

FREQUENTLY ASKED QUESTIONS

Is building fumigation required? California law requires the mutual to fumigate entire buildings with drywood termites, limiting further mutual property damage and avoiding costly structural repairs.

Must all units be treated? Yes. The mutual must fumigate entire buildings with drywood termites in areas inaccessible for localized treatment.

Is fumigation safe? Newport Exterminating follows stringent Environmental Protection Agency guidelines to aerate the property before allowing re-entry. Additional safety protocols include increased security patrols around properties being fumigated and strengthened screening of contractors entering the Village.

Can alternative treatment methods be used? Laguna Woods Village partnered with University of California, Berkeley, entomology experts and determined that Vikane is most effective in guaranteeing 100% eradication of drywood termites. Alternative methods, organic and otherwise, will not eradicate drywood termites found in inaccessible areas.

Where will I stay? While the mutual is not obligated to provide temporary lodging during fumigation, it has partnered with voco™ Laguna Hills to provide manor residents with accommodations (one room per manor) during the procedure. Accommodations are provided to registered property occupants only and excludes meals, additional room requirements, pet boarding fees, extended stays, etc.

What about pets? While some residents may keep their pets with family or a friend, boarding costs are the resident's responsibility; voco™ Laguna Hills offers pet-friendly lodging at an additional expense. Contact the hotel at **949 586-5000** for details.

Is fumigation enforceable? The mutual is authorized to take action against a member found in noncompliance with the fumigation process. The board of directors has authorization to impose fines, suspend privileges and/or take legal action against a member found in violation of the mutual's governing documents and rules.

Are other resources available? If you need assistance or support during difficult circumstances, call Social Services at **949-597-4267**.



WEED CONTROL

Use of herbicides and our commitment to safety and sustainability

By Tameka Baccus, Landscaping Administrative Assistant

If you've observed landscape crews performing maintenance around your manor, you may have questions regarding the herbicides used and their potential impact on people, plants and pets. We hope the following information provides clarity and addresses these concerns.

FACTS AND SAFETY

In 2018, GRF and both housing mutuals banned the use of Roundup and all herbicides containing glyphosate. Since then, no glyphosate-based herbicides have been used in the Village.

Today, a glyphosate-free systemic herbicide is applied. This product is absorbed by the plant and travels to the roots, effectively killing the entire weed and saving thousands of labor hours each year.

Yellow flags mark areas where herbicide has been sprayed and remain in place for 48 hours. Treated grass turns yellow, then brown within a week, serving as a visual indicator of application. Green grass indicates no herbicide use. Flags are removed once the area is dry and safe for contact.

Safety concerns around pets are understandable. Once dry,

the herbicide poses no risk to humans or animals. For extra peace of mind, keep pets near sidewalks or the center of turf areas, as only turf edges (not sidewalk edges) are treated.

To view scheduled application areas, visit lagunawoodsvillage.com > **Calendars > Landscaping Schedule**.

ALTERNATIVE METHODS

While some residents may suggest manual weed removal or mechanical trimming as alternatives, these methods have proven significantly less effective and far more expensive. A pilot project in one cul-de-sac showed that manual and mechanical weeding cost nearly five times more than herbicide application.

Mechanical trimming (such as weed whacking) only cuts the top of the plant, leaving the roots intact, allowing weeds to regrow quickly, often within days. Manual removal by hand often fails to fully extract the root, with similar regrowth results.

Aggressive, invasive species further complicate maintenance. For example, kikuyu grass, which accounts for roughly 90% of the Village's turfgrass, can grow up to 12 inches per week during summer and spreads through underground runners. The only proven method to effectively manage its rapid growth is systemic herbicide application.

NO HERBICIDE AGREEMENT

Residents who wish to limit

or avoid herbicide use in the landscaped areas around their manors may request a "No Herbicide Agreement" through Resident Services. This agreement excludes herbicide application in the shrub beds directly adjacent to their unit.

To qualify, the resident must:

- Obtain approval from the unit's owner.
- Accept full responsibility for regularly weeding and maintaining the designated shrub bed area.
- Ensure turf edges are properly trimmed where they meet shrub beds, in alignment with mutual landscape standards.

Please note:

- The agreement applies only to shrub beds next to the unit;

turf and other shared common areas are not included.

- White flags marked "No Herbi" identify these areas for landscaping crews.
- If the area is not maintained to community standards, the mutual may revoke the agreement.

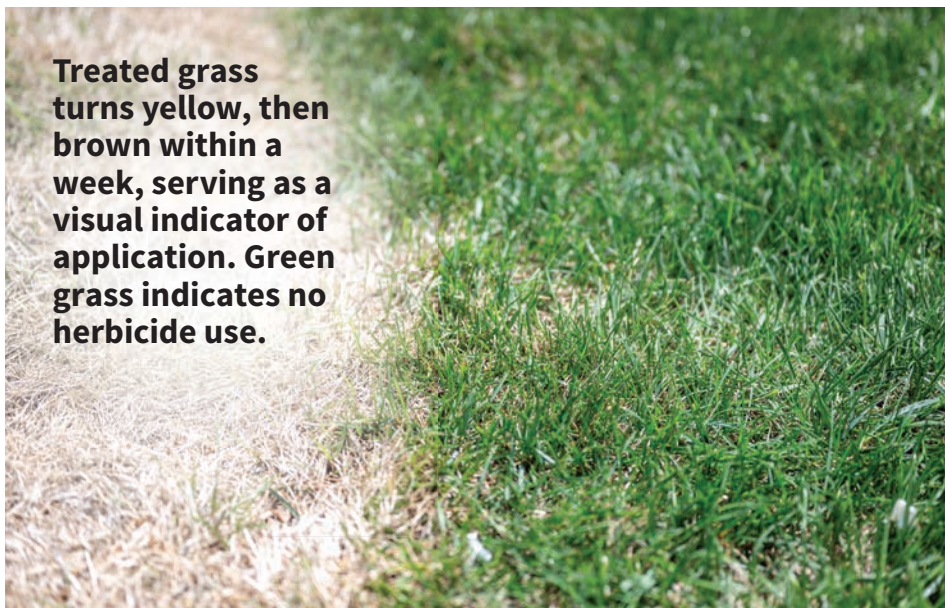
COMMITTED TO ENVIRONMENT AND LANDSCAPE MAINTENANCE

Laguna Woods Village is committed to balancing environmental responsibility with effective landscape maintenance. The No Herbicide Agreement offers residents a meaningful choice while helping maintain the appearance and health of our shared spaces.

Thank you for your cooperation.

Once dry, the herbicide poses no risk to humans or animals. Flags are removed once the area is dry and safe for contact.

Treated grass turns yellow, then brown within a week, serving as a visual indicator of application. Green grass indicates no herbicide use.





AVOID MEDICARE SCAMS AND FRAUD

Be cautious with unsolicited offers.

By Lourdes Oseguera, LCSW, Social Services Manager

Everywhere we turn, a new scam targeted at older adults seems to emerge; so many exist that keeping current on the latest schemes is challenging. Let's look at Medicare and insurance scams.

SCAM VS. FRAUD

In scams, criminals typically seek financial gain by using various tactics and schemes to steal personal information and commit identity theft. Fraud is intentionally deceiving Medicare to receive improper payments. Parties who commit Medicare fraud include healthcare providers, suppliers, insurance brokers, pharmacists and even individuals. Beware of these Medicare and insurance scams, recognize the scammers' tactics and learn how to respond.

SCAM: NEW MEDICARE CARD

Tactic: The scammer claims a beneficiary needs a new Medicare card and asks for Medicare ID or Social Security number under the guise of verifying these details to replace the existing card with a new one.

Fact: Medicare never calls or emails unless someone requests it.

What to Do: Do not provide any information to the scammer. Hang up the call or delete the voicemail or email, and do not click on any links in texts or emails with offers to issue you a new Medicare card. If you need a new card, log into your Medicare account at [medicare.gov](https://www.medicare.gov) or call **1-800-633-4227** to request one.

If you were a victim of this scam, report it to:

- Medicare at [medicare.gov](https://www.medicare.gov) or **800-633-4227**
- Senior Medicare Patrol Resource Center at **855-613-7080** or via online contact form at smpresource.org/you-can-help/report-fraud
- Federal Trade Commission at reportfraud.ftc.gov

SCAM: CANCELLATION OF BENEFITS

Tactic: A scammer claims an individual may lose Medicare coverage and urges the beneficiary to act quickly by making a direct payment to rectify the situation.

Fact: Medicare notifies beneficiaries in writing if they are at risk of losing their

coverage. (Reasons for losing coverage are few, like failure to pay the insurance premium or committing fraud.)

What to Do: Stay calm and keep your presence of mind to avoid falling prey to this scheme. If in doubt, verify the status of your coverage at [medicare.gov](https://www.medicare.gov) or call **800-633-4227**.

If you were a victim of this scam, report it to:

- Medicare at [medicare.gov](https://www.medicare.gov) or **800-633-4227**
- Senior Medicare Patrol Resource Center at **855-613-7080** or via online contact form at smpresource.org/you-can-help/report-fraud
- Federal Trade Commission at reportfraud.ftc.gov

SCAM: FAKE INSURANCE PLANS

Tactic: In this rising scam, perpetrators pose as legitimate insurance companies, contacting individuals seeking affordable insurance and offering deeply discounted medical plans that are too good to be true. Using wording like “limited-time offer” or “special promotions,” scammers pressure beneficiaries into signing quickly, only to discover afterward the plan is fraudulent.

Fact: The FBI issued an alert in April 2025 about these types of scams at ic3.gov/PSA/2025/PSA250430.

What to Do:

- Be cautious with unsolicited offers and do not agree

to anything.

- Always check with the State Insurance Commissioner (insurance.ca.gov or **800-927-4357**) or Better Business Bureau (bbb.org or **714-930-7803**) to verify the company is real.
- Contact your healthcare providers to see if they accept the plan or not.
- Do not pay upfront for a whole year of coverage, as it is difficult to recoup the expenses.

FRAUD: GENETIC TESTING

Tactic: Medicare is billed for a screening that was not medically necessary and/or was not ordered by the beneficiary’s treating physician. A company may call and offer a “free” or “no-cost” test and then bill Medicare. They may call stating your doctor requested that you have the testing done and will send you the testing kit.

Fact: The latest growing genetic testing fraud focuses on cardiovascular genetic testing. If Medicare denies the test, you could be responsible for the cost of the test.

What to Do: Be sure your doctor has assessed your condition and ordered a test; do not give out personal information to someone calling claiming your

doctor requested testing. Always read your explanation of benefits (EOB) or Medicare summary notice (MSN).

If you were a victim of this fraud, report it to:

- Senior Medicare Patrol helpline at cahealthadvocates.org/contact or **855-613-7080**

Visit smpresource.org to learn about other types of Medicare fraud.

REPORTING AND MORE INFO

If you have been the victim of a scam, the FBI encourages you to file a report with the Internet Crimes Complaint Center at ic3.gov. If you are unable to file a report yourself, another person may submit the report on your behalf.

FOR MORE INFORMATION

For more information, subscribe to these newsletters:

- AARP Fraud Watch Network Online – aarp.org/fraudwatchnetwork
- Department of Financial Protection & Innovation – dfpi.ca.gov/news/subscribe
- Senior Medicare Patrol News – smpresource.org/you-can-help/subscribe-to-smp-news
- Council on Aging - Senior Protection & FAST – coasc.org/programs/senior-protection-program-fast

Always be cautious with unsolicited offers and do not agree to anything.



YOUR GUIDE TO EVENTS, FITNESS AND FUN

RECREATION OFFICE AT THE COMMUNITY CENTER

24351 El Toro Road

949-597-4273

recreation@vmsinc.org

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

MUSICALS OF 20TH CENTURY FOX

From Shirley Temple to Marilyn Monroe, 20th Century Fox lit up the screen with unforgettable musicals. Through captivating storytelling, rare film clips and cherished songs, beloved music historian, Larry Maurer brings the past to life in this lively Timeless Melodies multimedia lecture. Enjoy nostalgic film clips, classic songs and behind-the-scenes stories from the golden years of Hollywood Thursday, August 7, at 1:30 p.m. in the Performing Arts Center.

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.

For more information, call 949-597-4289 or email recreation@vmsinc.org.

Tribute to **DORIS DAY**

Take a sentimental journey back in time with “Day After Day – The Life and Music of Doris Day,” a musical tribute to one of Hollywood’s most beloved icons. Join us at the Performing Arts Center on Saturday, August 30, at 2 p.m. for an unforgettable afternoon that honors the voice, warmth and legacy of America’s original sweetheart.

This heartwarming production brings Doris Day’s legendary songs to life—from “Que Sera, Sera” to “Secret Love” and beyond—celebrating her enduring spirit, strength and charm. Whether you’re a lifelong fan or discovering her magic for the first time, this show promises joy, nostalgia and toe-tapping tunes that will leave you smiling day after day.

Tickets are \$10 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.

For more information, call 949-597-4289 or email recreation@vmsinc.org.



'TO KILL A MOCKINGBIRD' IN NEXT SPOTLIGHT

CINEMA SERIES

Calling all movie lovers! Grab your aisle seat for a special screening of "To Kill a Mockingbird," featuring an enlightening introduction by film historian Theo Siegel, aka "The Movie Guy," Monday, August 25, 2 p.m. at the Performing Arts Center. Dive into fascinating behind-the-scenes facts before experiencing this powerful film adaptation of Harper Lee's Pulitzer Prize-winning novel of racial prejudice and social justice, starring Gregory Peck, Mary Badham, Brock Peters and Robert Duvall.

Tickets are \$5 and on sale at [tickets.lagunawoodsvillage.com](https://lagunawoodsvillage.com/tickets) 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.

For more information, call **949-597-4289** or email recreation@vmsinc.org.

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



'GLADIATOR' AT THE PAC

Ancient Rome comes to life in these two historical epics of gladiators forced to fight for their lives at the Colosseum.

- "Gladiator" – Monday, July 21
- "Gladiator II" – Monday, July 28

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

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



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.

- **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.





LIBRARY AND HISTORY CENTER



LIBRARY AND HISTORY CENTER

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

Library Hours

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

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

Sunday: Closed

949-597-4274; lwvillagelibrary@yahoo.com

History Center Hours

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

or by appointment

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

RECREATION AND SPECIAL EVENTS FREQUENTLY CALLED NUMBERS

RECREATION OFFICE **949-597-4273**

BRIDGE ROOM **949-268-2420**

CLUBHOUSES

- Clubhouse Reservations **949-597-4227**
- Clubhouse 1/Pool 1 **949-597-4281**
- Clubhouse 2/Pool 2 **949-597-4285**
- Clubhouse 3/Performing Arts Center
949-597-4289
- Performing Arts Center Box Office
949-597-4288
- Clubhouse 4/Pool 4 **949-597-4344**
- Clubhouse 5/Pool 5 **949-597-4382**
- Clubhouse 6/Pool 6 **949-597-4436**
- 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 > **Amenities** > **View All Amenities** to learn more about the Village's resort-style amenities.

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



CLUB LOVE

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

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



PERSONAL TRAINERS WORK WITH YOU

Get in a good workout led by a personal trainer at the Community Fitness Center. 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 barbecues, 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 Barbara Johnson

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 to register

Vinyasa Yoga with Suzanne Curtis

Clubhouse 2 ballroom, 3 to 4 p.m.
Free drop-in class

IKTA Kickboxing and Karate with Sensei Ron

Clubhouse 5 fitness room, 3:30 to 4:30 p.m.
\$25 for five classes

Meridian Yoga

Performing Arts Center dining room 2,
5:30 to 6:45 p.m.
Free drop-in class

FRIDAY**Cycling with Alisha Sullivan**

Clubhouse 5 fitness room, 7 to 8 a.m.
\$40 per eight-class session

Chi Kung

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

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



**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, Friday 7 a.m. to 7 p.m., Tuesday, Thursday 7 a.m. to 5 p.m., Saturday, Sunday 8 a.m. to 2 p.m.
- Indoor mini-gym (badminton, pickleball, volleyball, basketball)
- Archery
- Shuffleboard
- Bocce
- Billiards
- Game room
- Drop-in lounge

Clubhouse 2 | 949-597-4285

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

Clubhouse 4 | 949-597-4344

- 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.
- Website: **bit.ly/4elZ83E**

Golf | 949-597-4336

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

History Center | 949-206-0150

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

Lawn Bowling | 949-951-3027

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

Library | 949-597-4274

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

Paddle Tennis | 949-597-4273

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

Performing Arts Center | 949-597-4289

- Open 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, Friday mornings priority 7 a.m. to noon; second, fourth Saturday priority 7 a.m. to noon

Pools | 949-597-4273

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

Recreation Coordinated Classes | 949-597-4273

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

Shuffleboard | 216-905-7051

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

Tennis | 949-268-2481

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

Saddleback Emeritus | 949-582-4835

Visit **saddleback.edu/emergitus** for 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.

Alison Bok
President
2024-2025

Martin Roza
First Vice President
2024-2027

Ellen Leonard
Second Vice President
2024-2027

Egon Garthoffner
Secretary
2022-2025

Andy Ginocchio
Treasurer
2024-2025

Cush Bhada
2023-2026

Marie Collins
2025-2026

Gary Duerst
2024-2026

Steven Leonard
2024-2026

Manohar Motwani
2024-2025

Brad Rinehart
2024-2027



FRESH IDEAS

Initiatives this year and beyond propel our mission to care for our community's irreplaceable assets.

By Director Brad Rinehart

Laguna Woods Village is a mature community in every respect: fully built out in residences since the early 1980s, and clubhouses soon thereafter. But our ideas can be fresh for how we use these irreplaceable assets in the 21st century. The GRF board has been working on several initiatives this year.

HIGH-SPEED INTERNET

With approval from the GRF board and corporate members (Third Mutual, United Mutual and Mutual No. Fifty board directors), the contract with Ting Internet was signed to replace the community internet and cable services. This major project will be completed in about 18 months with the construction phase beginning June 9.

One significant advantage we have is that when the original cables were run in 1999, the board at that time permitted a second



conduit to run alongside it for future use. This means that now the 2025-26 construction will not be as disruptive and will involve much less trenching, digging and downtime. GRF will receive weekly updates during the duration of the construction phase and will work to keep residents informed.

EV CHARGING

We are exploring installing electric vehicle (EV) charging stations at several clubhouse locations. Currently, there are 589 EVs, 253 hybrids and 12,766 other vehicles registered in zip code 92637. This does not include numerous vehicles registered in other states but driven by Laguna Woods Village members. The housing areas will be challenged

to provide additional electrical capacity to support increased charging needs in the short- to mid-term.

To bridge that need by using the electrical power available at community clubhouses and other GRF facilities, we applied for and were granted funds from a California program that will provide \$8,500 per charger we install. The cost came back at approximately \$500,000 to install at the five approved locations (Clubhouses 1, 2, 5, 7 and the Equestrian Center). We are looking at installing Level 2 chargers in this first phase.

Because Clubhouse 7 and the Equestrian Center have some public access, providing charging there could generate outside income. However, there is no requirement to allow the public inside the gates to use the chargers. As other grant programs become available, we will review the opportunity to add more charging capacity at GRF facilities as those opportunities arise and the economics make sense. Final approval of this project will be by GRF and corporate member vote (board directors of the three housing mutuals: Third Mutual, United Mutual and Mutual No. Fifty).

SOLAR POWER

We are investigating installing solar panels at the GRF facilities. Our electrical bill for the GRF

facilities is nearing \$1.5 million per year, with projected increases of at least 5% per year. We are in the exploratory phase of looking at how much solar we can install on roofs and other locations, what the cost would be and what savings we could generate.

We will delay implementation of this initiative as studies are done, as we absorb the cost of the fiber installation project and as we replenish capital reserve funds. Of course, we will seek corporate member approval of the proposals once defined and identified.

SPACE PLANNING

Finally, an ad hoc committee is reviewing space planning and options to support continued growth and the needs of staff and current and future residents. That committee is continuing the work of several years, such as examining what underused spaces we already own, how to improve recreational use of indoor and outdoor places, how to provide efficient and cost-effective work areas for staff, and what it would take to bring some of these spaces up to building code and adequate quality.

GET INVOLVED

As we work on these major initiatives and budget planning for 2026, we invite you to get involved in the community and offer your own fresh ideas by attending board meetings and town halls.

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

Elsie Addington
2025-2026

Mourad Akesbi
2025-2027

Vidya Kale
2023-2025

Anthony Liberatore
2024-2025

Thomas Tuning
2022-2025

Georgiana Willis
2023-2026

FINANCIAL OVERSIGHT

Tools we use to protect resources and preserve stability
at United Mutual

By Director Mourad Akesbi

You may have recently received a copy of the audited summary financial statements for United Mutual as of and for the year ending December 31, 2024. These statements, audited by KPMG, received an unmodified opinion, affirming that they fairly present the financial position of United Mutual and that its resources were properly managed and accounted for. This external audit is a key part of the board's fiduciary responsibility to its members, but it is not the only mechanism in place to ensure financial transparency and accountability.

AUDITS, REVIEWS AND BUDGETING

In addition to the annual audit, the board, through its Finance Committee, conducts monthly reviews of United Mutual's unaudited financial statements in collaboration with VMS management. During these reviews, the committee closely examines any notable variances against the budget, allowing the board to stay informed and address potential issues promptly.

Another critical component of financial oversight is the annual budgeting process. This process provides the board with an opportunity to thoroughly understand the mutual's financial operations and to actively participate in setting a budget that ensures sufficient funding for mutual and GRF operations. The goal is to maintain a balance between meeting financial obligations and keeping basic assessment increases as minimal as possible, especially considering inflation and other economic pressures.

RESERVE STUDIES

Additionally, the board periodically commissions reserve studies to assess long-term maintenance obligations. These studies provide essential data that inform both the budgeting process and decisions regarding basic assessments. By aligning reserve funding with anticipated expenses, the board helps safeguard the financial stability of the mutual while maintaining its infrastructure in good working order.

Through these combined efforts — annual audits, monthly financial reviews, budgeting and reserve studies — the United Mutual board upholds its fiduciary duty, ensuring that financial resources are responsibly managed and the mutual remains financially secure.

THE TOWERS

at Laguna Woods Village

ACTIVE SENIOR LIVING BEYOND EXPECTATIONS!



ENDLESS FUN AND ACTIVITIES



MONTHLY ASSESSMENTS INCLUDE

- Dining services
- Housekeeping and utilities
- 24-hour maintenance
- Village bus service
- Free laundry facilities on each floor
- Gym, movies, live music
- And much more!



EXPANDED DINING PROGRAM

Above is just a glimpse of why The Towers offers *independent active adults* an ideal environment for an enriching, vibrant and secure quality of life. Residents of The Towers enjoy full access to the vast amenities of Laguna Woods Village.

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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

THIRD MUTUAL'S GREEN VISION

Saving money while protecting the environment

By Treasurer Donna Rane-Szostak

In recent years, Third Mutual has undertaken a series of projects that showcase a clear commitment to environmental responsibility and fiscal stewardship. These efforts demonstrate that being eco-conscious doesn't mean sacrificing efficiency or affordability—on the contrary, these initiatives have brought tangible financial savings while reducing the community's environmental impact.

From water conservation to energy efficiency, Third Mutual's projects reflect thoughtful planning, forward-thinking leadership and a long-term view of sustainability. Each initiative was selected not only for its ecological benefit but also for its cost-saving potential—making these upgrades a win-win for the mutual and its members.

Among the most impactful projects:

- **Solar panel installations:** 2,575 panels installed on 12 buildings harness clean energy and reduce the mutual's carbon footprint with an annual savings of \$250,000 after return on investment.
- **LED lighting upgrades:** Transitioned 788 street lights to LED bulbs, leading to higher efficiency, increased safety through more focused coverage and decreased maintenance costs through longer life expectancy.
- **Turf removal:** Replacing 69,485 square feet of high-water-use vegetation with drought-tolerant, California-native plants not only supports biodiversity but dramatically lowers irrigation demand.
- **Water-saving irrigation systems:** Almost all Third landscape is irrigated with recycled water and, thanks to a GRF initiative, all landscaping optimizes water usage through a high-efficiency irrigation system.
- **Water heater program:** A coordinated replacement effort for 4,000+ aging water heaters improved energy efficiency and reduced maintenance needs.
- **Laundry room enhancements:** New energy-efficient washers and dryers conserve both water and electricity, benefiting the planet and residents' utility bills.
- **Garden Villa breezeway replacements:** These upgrades enhanced aesthetics while reducing long-term maintenance and resource use.

Taken together, these initiatives represent a significant investment in the future of Third Mutual—financially, environmentally and as a model of responsible community leadership.



Garden Villa Association Board of Directors

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

Stuart Hack
President, Region 2 Rep

Ro Kendall
Vice President, Region 3 Rep

Leah Kushman
Secretary, Region 4 Rep

Sheldon Mende
Treasurer, Region 7 Rep

Tom Stacy
Communications Director

Gail Berra
Region 1 Rep

Marti Mangan
Region 5 Rep

Theresa Keegan
Jim Southworth
Region 6 Co-Reps

Laurie Bereny
Regions 8 & 9 Rep

Joe Camera
Jennifer Hsu
Ad Hoc Building Captains

BECOME A BUILDING CAPTAIN

Be known by your neighbors as a miracle worker and superhero.

By President Stuart Hack, Garden Villa Association

Looking for an opportunity to be of service? Third Mutual has 81 three-story buildings in Laguna Woods and 69 of them have building captains, who provide love and care to all of their neighbors. That leaves 12 open opportunities to serve as a building captain or co-captain. Buildings without captains include: 2388, 3365, 3486, 3500, 3510, 4001, 4006, 4008, 4012, 4013, 4015 and 4025.

As a building co-captain since 2011, every year I receive more from my neighbors than I give. They are such good people, who appreciate help when they need it. Thank goodness I am granted the opportunity to be of service to them.

Being a building captain is an occasional job. We are not policemen or carpenters or medical assistants. We only do what we are capable of doing. Most of the time our buildings run along just fine. But we are there when needed for things such as:

- Emailing requests to Resident Services on behalf of residents who are not able to do so on their own
- Requesting help for general building needs, like lighting in the hallways or a cracked step
- Explaining Third Mutual rules to residents

Building captains receive help and training from their regional reps and the GVA board of directors.

A great example of how satisfying helping others can be occurred early on when a woman up in years, frail and widowed came to my door complaining that her electricity was off. The rest of the building had electricity. She thought her upstairs neighbor somehow had caused it. I asked if I could enter her manor and then searched for the electric panel. It was hidden behind a picture in her bedroom. I flipped all of the switches and her lamps lit up. She thought I was some kind of a miracle worker.

If you live in a three-story building without a building captain, please consider being of service. Call me at **949-212-7028** with your questions.



Village Management Services, Inc.

VMS Board of Directors

Jim Glassman
Chair
Third, 2024-2026

Cynthia Rupert
First Vice Chair
United, 2023-2026

Kathryn Bravata
Second Vice Chair
United, 2024-2025

Jeffrey Beck
GRF, 2025-2026

Bunny Carpenter
Third, 2025

Mark Laws
GRF, 2024-2027

Manny Robledo
United, 2024-2027

Candace Tysdal
Third, 2024-2027



WHO OVERSEES THE WORK BEHIND THE SCENES?

Your VMS board ensures accountability, service quality and operational integrity across the Village.

Village Management Services Inc. (VMS) is the professional managing agent responsible for carrying out the day-to-day operations of Laguna Woods Village. Formed in 2016 as a nonprofit mutual benefit corporation, VMS provides essential services to more than 18,600 residents—at the direction of your elected boards: United Mutual, Third Mutual and the Golden Rain Foundation (GRF).

But who ensures that the managing agent operates efficiently, responsibly and in alignment with board policy?

That's where the VMS board of directors comes in.



WHAT THE VMS BOARD DOES

The VMS board is a distinct governing body responsible for the oversight of the managing agent, not to be confused with the mutual or GRF boards, which set policy and direction for the community.

The VMS board's responsibilities include:

- Overseeing the work of more than 800 employees across nine departments
- Ensuring high service standards, efficiency, safety and fiscal responsibility
- Monitoring operations to ensure alignment with the goals of United, Third and GRF

The VMS board does not set Village policy. Instead, it

ensures that VMS staff effectively implements the policies and decisions made by the governing boards.

CEO OVERSIGHT AND PERFORMANCE REVIEW

The VMS chief executive officer (CEO) is responsible for all managing agent operations and reports directly to the VMS board. Each year, the CEO undergoes a formal performance review process, which includes input from the entire VMS board, as well as all directors from GRF, United and Third.

This collaborative evaluation helps identify achievements and areas for growth, giving the VMS board a comprehensive view of how well the managing agent is meeting expectations—and how it can improve.

COLLABORATION AND COMMUNICATION

The VMS board maintains transparency and open dialogue through monthly meetings, the open portion of which invites participation from all directors of GRF, United and Third. These sessions provide a forum to:

- Share updates on managing agent operations
- Hear from department heads and board directors
- Identify ways to enhance service to the community

Through this ongoing collaboration, the VMS board ensures that the managing agent remains responsive, effective and aligned with the needs of Laguna Woods Village residents.

WHAT DO VMS DEPARTMENTS DO?

Every day, VMS teams work behind the scenes to help keep the Village safe, beautiful and running smoothly.

• **Financial Services:**

Manages accounting, budgeting, insurance and risk management

• **General Services:** Runs Village buses, maintains vehicles and roads, oversees custodial services and manages Village Television and Broadband

• **Human Resources:** Recruits, trains and supports employees; handles employee benefits

• **Information Services:**

Maintains the VMS network, supports software and systems, and assists Resident Services

• **Landscaping:** Cares for all Village greenery and handles most pest control

• **Maintenance and**

Construction: Oversees repairs, construction, facilities management, alterations and moisture intrusion response

• **CEO/General Manager's**

Office: Supports the boards, manages communications, processes resale/leasing paperwork and leads all VMS departments

• **Recreation and Special Events:**

Operates clubhouses, sports facilities, the Garden Centers and Equestrian Center; plans events and classes

• **Security Services:** Manages gate access, traffic and parking enforcement, compliance, emergency operations and social services

THEN AND NOW



From left: Barbara Rush in “A Woman of Independent Means” (2009), in “Sorry, Wrong Number” (2011), in “Driving Miss Daisy” (2012), at home in Laguna Woods Village (2010)

GUESS WHO LIVED IN THE VILLAGE?

Laguna Woods Village has been home to many celebrities and other notables, including Nellie Gail Moulton, actress Mary Astor, Marie Callender (of pie fame) and actor Gregory Sierra of television’s Barney Miller sitcom.

One of the most visible in the Village was Hollywood actress Barbara Rush. Born in January 1927, she played roles in over 110 feature films and many television shows. During her several years living in the Village, she starred in many Old Pros productions, including “A Woman of Independent Means,” “Sorry Wrong Number” and her final performance as Miss Daisy in “Driving Miss Daisy.” She died in March 2024 at the age of 97. The Old Pros held a memorial in her honor.

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](tel:949-206-0150)). Visit the website at lagunawoodshistory.org.



Barbara Rush as Miss Daisy and John Edmiston as her son Boolie in the Old Pros production of “Driving Miss Daisy”



John Perak appears with Barbara Rush in a scene from an Old Pros production of “The African Queen” radio play.



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Learn more and schedule an appointment.
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