



DAY TRIPS
GETAWAYS
TRUE VACATION



Scan to Register

OC Women's Newsletter

April 2026
BEING SOCIAL &
FINDING FRIENDS

Join Traci Kasper
**One Small Step
Walk!**

First Saturday Every Month
9:00 - 10:30 AM



Amazing Vacation
Pack Your Bags
4 Days Cruise

May 12

WOMEN'S TRAVEL GROUP

Tuesday May 12, 6 PM - 8PM



TUESDAY MORNINGS
Coffee & Friends
9:00 AM

Get Ready For It!

Summer is around the corner.

Live Well. Be Well. Feel Well.



Text
SUMMER to
949-842-1144 to
join our summer
activities!

BE SUMMER READY!
Register for the fun!

- Concerts in the Park
- Duffy Boat Ride
- Laguna Trolley Day
- Catalina Day Trips
- Picnic at Salt Creek Beach
- Summer BBQ Social
- Sun & Fun Beach Day
- Paddle Boarding
- Pickleball
- Roller Skating



SOCIAL SCHEDULE



Upcoming Dates

For Orange County Area

- Easter Sunday**
Sunday, April 5, 2026
- Happy Hour Social Mixer**
Sunday, April 5, 2026
- Sun & Fun Beach Day**
Sunday, April 12, 2026
- Oggi's Social Dinner**
Friday, April 17, 2026
- Reggae In The Park**
Sunday, April 19, 2026
- Harbor Sunset Circle**
Saturday, April 25, 2026
- Sunday Music**
Saturday, April 26, 2026



SOCIAL MIXER

LET'S CONNECT

HAPPY
HOUR

"SAVE WATER, DRINK BEER"

THURSDAY
APRIL 9TH
4-7 PM



Our Monthly Calendar

**BEING SOCIAL &
FINDING FRIENDS**

Coffee Break



True Sisterhood



APRIL

1

WEDNESDAY

MONTHLY MEETUP @ EL CORTEZ RESTAURANT

5:00 pm - 8:00 pm

28971 Golden Lantern a101, Laguna Niguel, CA 92677

APRIL

4

SATURDAY

MONTHLY WALKING GROUP @ ONE SMALL STEP WALK

9:00 am - 10:30 am

Register Online at Eventbrite | Hosted by: Traci Kasper

APRIL

07

TUESDAY

MORNING MEETUP @ PARIS BAGUETTE CAFÉ

9:00 am - 11:00 am

14450 Culver Drive, Irvine, CA 92604

APRIL

9

THURSDAY

HAPPY HOUR MEETUP @ WOODY'S DINER

4:00 pm - 7:00 pm

24321 Avenida De La Carlota, Laguna Hills, CA 92653

APRIL

11

SATURDAY

BREAKFAST SOCIAL @ LAGUNA CAFE'

9:00 am - 11:00 am

24310 Moulton Pkwy, Laguna Woods, CA 92637

APRIL

12

SUNDAY

GROUP BEACH DAY @ SUNNY LAGUNA

2:00 pm - 6:00 pm

Iconic Lifeguard Tower - Main Beach - *by the water...*

APRIL

14

TUESDAY

MORNING MEETUP @ PARIS BAGUETTE CAFÉ

9:00 am - 11:00 am

14450 Culver Drive, Irvine, CA 92604

APRIL

17

FRIDAY

SOCIAL DINNER @ OGGI'S RESTAURANT

7:00 pm - 10:00 pm

24042 Alicia Pkwy, Mission Viejo, CA 92691

APRIL

19

SUNDAY

REGGAE IN THE PARK @ IRON RIDGE PARK

4:00 pm - 7:00 pm

28040 Glenn Ranch Rd, Lake Forest, CA 92610

APRIL

21

TUESDAY

MORNING MEETUP @ PARIS BAGUETTE CAFÉ

9:00 am - 11:00 am

14450 Culver Drive, Irvine, CA 92604

APRIL

23

THURSDAY

WOMEN'S HAPPY HOUR @ BJ'S RESTAURANT

3:00 pm - 7:00 pm

24032 El Toro Rd, Laguna Hills, CA 92653

APRIL

25

SATURDAY

HARBOR SUNSET CIRCLE @ DANA HARBOR

4:00 pm - 7:00 pm

25005 Dana Dr, Dana Point, CA 92629

APRIL

28

TUESDAY

MORNING MEETUP @ PARIS BAGUETTE CAFÉ

9:00 am - 11:00 am

14450 Culver Drive, Irvine, CA 92604

Restaurant Meetups

BEING SOCIAL & FINDING FRIENDS

Morning Social

SATURDAY MORNING BREAKFAST

Enjoy a delightful breakfast and meet other members. Let's kickstart your day!

Our Breakfast Promo Includes:

- Egg Bacon or Sausage
- Hash Browns or Potatoes
- Rye, Wheat, Sourdough, White

LAGUNA CAFE

Every 2nd Saturday From 9 AM - 11 AM

Moulton and El Toro, Laguna Woods



ONLY FOR \$8.99 PER SERVING

VISIT OUR CAFE NOW! 24310 MOULTON PKWY, LAGUNA WOODS, CA 92637

17th APRIL



You're Invited to WOMEN'S SOCIAL DINNER

A UNIQUE EVENT FOR WOMEN.

Hosted by

OC WOMEN'S GROUP

Friday, April 17, 2026, at 7:00 PM.

24042 Alicia Pkwy, Mission Viejo, CA 92691



ONLY \$10



4-7PM

THUR 9TH

HAPPY HOUR

LADIES SOCIAL NIGHT

24321 AVENIDA DE LA CARLOTA, LAGUNA HILLS, CA 92653

SHOW UP Meet & Repeat



Tuesday Mornings Coffee & Friends IRVINE AREA



Heritage Plaza 14450 Culver Drive, Irvine, CA 92604



Member Spotlight: Ann Hicks

*This month, we are thrilled to shine our member spotlight on **Ann Hicks**, a dedicated Laguna Niguel **member who truly embodies the spirit of our community**. Ann doesn't just show up to events; she is a master at building bridges, constantly extending invitations to other women and helping them find high-quality, lasting friendships within our circle. Whether she's exploring the scenic trails of South County or heading out on a destination hike to Hollywood for the day, Ann is always ready for an adventure. When she isn't on the trails, you can find her out and about on a Friday night, supporting local artists and soaking up the live music scene. Ann, thank you for your unwavering support and for being such an uplifting presence in our group—we appreciate everything you do!*

OC WOMENS GROUP

Call or Text (949) 842-1144

www.ocwomensgroup.com

theocwomensgroup@gmail.com



BEACH
Day

Sunday 12

LAGUNA BEACH

2-6 PM

BY THE OCEAN IN FRONT
OF LIFEGUARD TOWER





WORD PUZZLE SEARCH

S	E	N	S	I	T	I	V	E	B	P	Q	L	O	V	E
I	L	J	R	O	G	S	T	R	O	N	G	Z	K	R	X
S	F	P	H	N	N	K	P	E	X	O	J	D	Y	O	F
T	A	L	T	E	E	F	L	F	E	W	B	C	J	K	R
E	I	A	J	S	S	H	A	N	M	E	E	U	H	U	I
R	T	Y	X	T	T	B	Y	I	Q	R	A	T	O	J	E
H	H	F	U	E	E	E	F	R	C	F	U	E	N	O	N
O	L	J	P	E	E	A	U	I	K	U	T	B	E	Q	D
O	P	L	K	M	M	U	L	E	J	L	I	E	S	O	S
D	X	Y	O	P	S	T	O	N	B	P	F	S	T	Q	H
S	E	L	F	E	S	T	E	E	M	O	U	T	O	O	I
H	A	P	P	I	N	E	S	S	V	W	L	E	N	J	P
B	E	A	U	T	I	F	U	L	Z	K	M	E	E	G	X
F	R	I	E	N	D	S	H	I	P	L	S	M	T	H	B
P	L	A	Y	F	U	L	S	P	E	C	I	A	L	H	L

- FRIENDSHIP
- SISTERHOOD
- POWERFUL
- BEAUTIFUL
- SENSITIVE
- STRONG
- OPEN
- HONEST
- PLAYFUL
- CUTE
- HAPPINESS
- SPECIALL
- LOVE
- FAITH
- BEAUTY
- SELF-ESTEEM



APRIL

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		 <p>Tuesday Mornings Coffee & Friends IRVINE 9AM</p>	<p>1 April Fools Monthly Monthly Dinner 5:00 - 8:00 PM El Cortez Mexican Restaurant</p>	2	3 Good Friday	<p>4 Monthly One Small Step Walk 9:00 - 10:30 AM Hosted by: Tracey Listed on Eventbrite</p>
<p>5 Easter Sunday HAPPY EASTER</p> 	6	<p>7 Weekly Morning Meetup Coffee & Friends 9:00 -11 AM Hosted by: Lisa Taylor Irvine Area</p>	8	<p>9 Happy Hour Social Mixer 4:00 -7:00 PM Woody's Diner Hosted by: Sarah Anderson Laguna Hills</p>		<p>11 Monthly Morning Social Breakfast 9:00 -11:00 AM Laguna Cafe' Laguna Woods</p>
<p>12 New Event Group Beach Day Sun & Fun 2:00 - 6 PM Hosted by: Ann Hicks Laguna Main Beach</p>		<p>14 Weekly Morning Meetup Coffee & Friends 9:00 -11 AM Hosted by: Lisa Taylor Irvine Area</p>	15		<p>17 Women's Social Dinner 7:00 -10:00 PM Oggi's Restaurant Mission Viejo</p>	18
<p>19 New Event Reggae In the Park 4:00 - 7:00 PM Iron Ridge Park Hosted by: Jennifer Lutz</p>		<p>21 Weekly Morning Meetup Coffee & Friends 9:00 -11 AM Hosted by: Lisa Taylor Irvine Area</p>	22	<p>23 Happy Hour 4:00 -7:00 PM BJ's Restaurant Laguna Hill</p>		<p>25 New Event Harbor Sunset Circle 4:00 -7:00 PM Hosted by: Tara Kimmins</p>
<p>26 New Event Sunday Music 11:00 AM -2:00 PM Laguna Cafe' Laguna Woods</p>	27	<p>28 Weekly Morning Meetup Coffee & Friends 9:00 -11 AM Hosted by: Lisa Taylor Irvine Area</p>	29	30		

Women's | Kickboxing | Self-Defence

PASSION THROUGH HARD WORK

RYSK Laguna Hills



Women's Fitness

*BEING STRONG
& FEELING FIT*



START TODAY
REGISTER
ONLINE

You are not alone. At the heart of our community, women from our group meet up all the time to work out together, transforming the often-intimidating gym environment into a space of shared energy and encouragement. This shift marks a powerful evolution in women's fitness, moving away from solitary, aesthetic-driven goals toward a holistic celebration of strength, functional longevity, and mental resilience.

By training side-by-side, our members turn sweat sessions into vital moments of connection and accountability, proving that fitness is far more sustainable when backed by a supportive tribe. This modern approach prioritizes hormonal health and metabolic efficiency while recognizing that the "strong is the new skinny" ethos is best realized through collective empowerment. By reclaiming fitness as a social and physical journey, these women are building more than just muscle—they are fostering a deep sense of agency and belonging that radiates into every other aspect of their lives.



WOMEN'S BOXING

FITNESS DESIGNED FOR YOUR GOALS.

**REGISTER FOR 3 DAYS
TRIAL CLASS**

OUR SERVICES

- Fitness Program
- Cardio Exercises
- Personal Training
- Profession Trainers

More Information
(949) 728-8532
www.ryskbjj.com



26548 Moulton Pkwy Unit 48-D,
Laguna Hills, CA 92653



THE OC
WOMEN'S
GROUP

AREA LEADERS

HELP US, HELP OTHERS
BUILD RELATIONSHIPS

BECOME PART OF THIS GREAT
WOMEN'S ORGANIZATION

Join Us *Huntington Beach | Area Leader*
SARA DERAKHSNIAN

OC WOMEN'S GROUP

We are an Orange County Women's Organization that is focused on bettering the social lives for women of all ages through fun activities, gatherings, outings, and events.

Let's Connect
(949) 439-6437

REGISTER NOW ...

ocwomensgroup.com



Join Us *Santa Ana | Area Leader*
JESSICA LAIRD

OC WOMEN'S GROUP

We are an Orange County Women's Organization that is focused on bettering the social lives for women of all ages through fun activities, gatherings, outings, and events.

Let's Connect
(562) 284-6282

REGISTER NOW ...

ocwomensgroup.com



Join Us *Yorba Linda | Area Leader*
LORI MUSE

OC WOMEN'S GROUP

We are an Orange County Women's Organization that is focused on bettering the social lives for women of all ages through fun activities, gatherings, outings, and events.

Let's Connect
(714) 204-6948

REGISTER NOW ...

ocwomensgroup.com



Join Us *Aliso Viejo • Laguna Niguel | Area Leader*
SUZIE DARLING

OC WOMEN'S GROUP

We are an Orange County Women's Organization that is focused on bettering the social lives for women of all ages through fun activities, gatherings, outings, and events.

Let's Connect
(714) 587-0743

REGISTER NOW ...

ocwomensgroup.com



Join Us *Irvine | Area Leader*
RENEE PORZIA

OC WOMEN'S GROUP

We are an Orange County Women's Organization that is focused on bettering the social lives for women of all ages through fun activities, gatherings, outings, and events.

Let's Connect
(215) 669-0589

REGISTER NOW ...

ocwomensgroup.com



Join Us *Laguna Hills | Area Leader*
JENNIFER LUTZ

OC WOMEN'S GROUP

We are an Orange County Women's Organization that is focused on bettering the social lives for women of all ages through fun activities, gatherings, outings, and events.

Let's Connect
(949) 842-1144

REGISTER NOW ...

ocwomensgroup.com



Join Us *Mission Viejo | Area Leader*
SARAH ANDERSON

OC WOMEN'S GROUP

We are an Orange County Women's Organization that is focused on bettering the social lives for women of all ages through fun activities, gatherings, outings, and events.

Let's Connect
(530) 519-4564

REGISTER NOW ...

ocwomensgroup.com



Join Us *Rancho Santa Margarita | Area Leader*
CATHERINE BARR

OC WOMEN'S GROUP

We are an Orange County Women's Organization that is focused on bettering the social lives for women of all ages through fun activities, gatherings, outings, and events.

Let's Connect
(949) 370-4983

REGISTER NOW ...

ocwomensgroup.com



Join Us *San Clemente - Capo Beach | Area Leader*
NORMA McCORMICK

OC WOMEN'S GROUP

We are an Orange County Women's Organization that is focused on bettering the social lives for women of all ages through fun activities, gatherings, outings, and events.

Let's Connect
(909) 215-6608

REGISTER NOW ...

ocwomensgroup.com

