

Age Well

FLORENCE SYLVESTER SENIOR CENTER

23721 Moulton Pkwy, Laguna
Hills CA

April 2022 Highlights

RR = reservation required

1st Wine Tasting - \$10

5th Line Dancing Class Begins - \$5

7th Yoga for Parkinson's

6th Voter Registration

19th Book Club April Title
"The Inn"

MON	TUE	WED	THU	FRI
				1
				9 Individual Apple Help - RR 11:30 Congregate Lunch 12:45 Movie Day 1 Meditation Class Session - RR 2 Fundamentals of Balance with Vertigo 3 FSSC Wine Club Tasting - RR 3 Android/PC Tech Individual Assist - RR
4	5	6	7	8
10:30 Dr Trinh "Depression and Anxiety" 11:30 Congregate Lunch 2 Integrative Arts Play for Parkinson's Disease	11:30 Congregate Lunch 12 Poker 1 Line Dancing Class - RR	11:30 Congregate Lunch 12 Voter Registration Drive 12 Knit and Crochet Time 1 Emeritus Current Issues Class 2 Zumba Gold 3 Balance and Strength Class	10 Yoga for Parkinson's 11:30 Congregate Lunch 12 Poker 1 Bingo 2 Individual Apple Help - RR	9 Individual Apple Help - RR 10 Tech Assistance Drop-In 11:30 Congregate Lunch 12:45 Movie Day 1 Meditation Class Session - RR 2 Fundamentals of Balance with Vertigo 3 Android/PC Tech Individual Assist - RR
11	12	13	14	15
9 HICAP - RR 10 DMV Test Prep 11:30 Congregate Lunch 2 Integrative Arts Play for Parkinson's Disease	11:30 Congregate Lunch 12 Poker 1 Line Dancing Class - RR	11:30 Congregate Lunch 12 Knit and Crochet Time 1 Emeritus Current Issues Class 2 Zumba Gold 3 Balance and Strength Class	10 Yoga for Parkinson's 11:30 Congregate Lunch 12 Poker 1 Bingo 2 Individual Apple Help - RR	9 Individual Apple Help - RR 11:30 Congregate Lunch 12:45 Movie Day 1 Meditation Class Session - RR 2 Fundamentals of Balance with Vertigo 3 Android/PC Tech Individual Assist - RR
18	19	20	21	22
9 HICAP - RR 10 DMV Test Prep 11:30 Congregate Lunch 12:30 Dental Hygiene Info. Workshop 2 Integrative Arts Play for Parkinson's Disease	11:30 Congregate Lunch 12 Poker 12:30 Book Club - RR 1 Line Dancing Class - RR	11:30 Congregate Lunch 12 Knit and Crochet Time 1 Emeritus Current Issues Class 2 Zumba Gold 3 Balance and Strength Class	10 Medicare Enrollment Education Class - RR 10 Yoga for Parkinson's 11 Commodities Pantry Staples Pick-up 11:30 Congregate Lunch 12 Poker 1 Bingo 2 Individual Apple Help - RR	9 Individual Apple Help - RR 11:30 Congregate Lunch 12:45 Movie Day 1 Meditation Class Session - RR 2 Fundamentals of Balance with Vertigo 3 Android/PC Tech Individual Assist - RR
25	26	27	28	29
9 Dental Hygiene Clinic - RR 9 HICAP - RR 10 DMV Test Prep 11:30 Congregate Lunch 2 Integrative Arts Play for Parkinson's Disease	11:30 Congregate Lunch 12 Poker 1 Line Dancing Class - RR	11:30 Congregate Lunch 12 Knit and Crochet Time 1 Emeritus Current Issues Class 2 Zumba Gold 3 Balance and Strength Class	10 Yoga for Parkinson's 11:30 Congregate Lunch 12 Poker 1 Bingo 2 Individual Apple Help - RR	9 Individual Apple Help - RR 11:30 Congregate Lunch - Birthday Celebration!!! 12:45 Movie Day 1 Meditation Class Session - RR 2 Fundamentals of Balance with Vertigo 3 Android/PC Tech Individual Assist - RR