

Age Well | FLORENCE SYLVESTER SENIOR CENTER

23721 Moulton Pkwy, Laguna Hills CA
949-380-0155

May 2022 Highlights

RR = Reservations Required

3 rd Line Dancing Class	20 th Women & Money Workshop
6 th Wine Club Tasting	24 th Spouse Grief Support
19 th Brain Games Class	27 th Dental Hygiene Clinic

MON	TUE	WED	THU	FRI
2 9:30 Tremble Clefs for PD 10:30 Dr Trinh "Blueprint to Longevity" 11:30 Congregate Lunch 2 Integrative Art Play - PD	3 10:30 Origami Workshop 11:30 Congregate Lunch 12 Poker 1 Line Dancing Class - \$5 -RR	4 11:30 Congregate Lunch 12 Knit and Crochet Time 1 Emeritus Current Issues Class 2:15 Zumba Gold - \$5 3:15 Balance and Strength Class	5 9 DMV Test Prep - RR 10 Yoga for Parkinson's 11:30 Congregate Lunch 12 Poker 1 Bingo 2 Individual Apple Help - RR	6 9 Individual Apple Help - RR 11:30 Congregate Lunch 12:45 Movie Day 2 Mother's Day Tea Party - RR 2 Fundamentals of Balance with Vertigo 3 FSSC Wine Club Tasting - RR
9 9 HICAP - RR 9:30 Tremble Clefs for PD 10 DMV Test Prep 11:30 Congregate Lunch 2 Integrative Arts Play - PD	10 11:30 Congregate Lunch 12 Poker 1 Line Dancing Class - \$5 -RR	11 11:30 Congregate Lunch 12 Knit and Crochet Time 1 Emeritus Current Issues Class 2:15 Zumba Gold - \$5 3:15 Balance and Strength Class	12 9 DMV Test Prep - RR 10 Yoga for Parkinson's 11:30 Congregate Lunch 12 Poker 1 Bingo 2 Individual Apple Help - RR	13 9 Individual Apple Help - RR 10 Tech Assistance Drop-In 11:30 Congregate Lunch 12:45 Movie Day 2 Fundamentals of Balance with Vertigo
16 9 HICAP - RR 9:30 Tremble Clefs for PD 10 DMV Test Prep 11:30 Congregate Lunch 2 Integrative Arts Play - PD	17 11:30 Congregate Lunch 12 Poker 12:30 Book Club - RR 1 Line Dancing Class - \$5 - RR	18 10:30 Financial Consultations - RR 11:30 Congregate Lunch 12 Knit and Crochet Time 1 Emeritus Current Issues Class 2:15 Zumba Gold - \$5 3:15 Balance and Strength Class	19 9-4 Diabetic Retinal Screening - RR 9 DMV Test Prep - RR 10 Brain Games Workshop - RR 10 Yoga for Parkinson's 10 Medicare Enrollment Education Class - RR 11:30 Congregate Lunch 1 Bingo 2 Individual Apple Help - RR	20 9 Individual Apple Help - RR 11:30 Congregate Lunch 12:30 Women and Money Workshop - RR 12:45 Movie Day 2 Fundamentals of Balance with Vertigo
23 9 HICAP - RR 9:30 Tremble Clefs for PD 11:30 Congregate Lunch 2 Integrative Arts Play - PD	24 11:30 Congregate Lunch 12 Poker 12 Living with Eyesight Degeneration Workshop 1 Line Dancing Class - \$5 -RR 2 Spouse Grief Support Group	25 11:30 Congregate Lunch 12 Knit and Crochet Time 1 Emeritus Current Issues Class 2:15 Zumba Gold - \$5 3:15 Balance and Strength Class	26 9 DMV Test Prep - RR 10 Yoga for Parkinson's 11:30 Congregate Lunch 12 Poker 1 Bingo 2 Individual Apple Help - RR	27 9 Dental Hygiene Clinic - RR 9 Individual Apple Help - RR 11:30 Congregate Lunch - Birthday Celebration!!! 12:45 Movie Day 2 Fundamentals of Balance with Vertigo
30 Closed in Observance of Memorial Day	31 11:30 Congregate Lunch 12 Poker 1 Line Dancing Class - \$5 - RR 2 Grief Support Group 1/13 - RR			