

Age Well | FLORENCE SYLVESTER SENIOR CENTER

23721 Moulton Pkwy, Laguna Hills CA

949-380-0155

RR = Reservations Required

July 2022 Highlights

1st TOPS (Take Off Pounds Sensibly)

20th Financial Consultations

5th Line Dancing Class

27th Individual Medication Review

13th Memory Testing

29th Dental Hygiene Clinic

MON	TUE	WED	THU	FRI
				1
				9 Individual Apple Help - RR 10 TOPS (Take Off Pounds Sensibly) 11:30 Congregate Lunch 12:45 Movie Day 3 FSSC Wine Club Tasting - RR
4	5	6	7	8
Closed in Observance of July 4th	11:30 Congregate Lunch 12 Poker 1 Line Dancing Class - RR 2 Grief Support Group 6/13 - RR	11:30 Congregate Lunch 12 Knit and Crochet Time	9:30 DMV Test Prep - RR 10 Yoga for Parkinson's 11:30 Congregate Lunch 12 Poker 1 Bingo 2 Individual Apple Help - RR	9 Individual Apple Help - RR 10 TOPS (Take Off Pounds Sensibly) 10 Tech Assistance Drop-In 11:30 Congregate Lunch 12:45 Movie Day
11	12	13	14	15
9 HICAP 9:30 Tremble Clefs for PD 10 DMV Test Prep 11:30 Congregate Lunch 2 Integrative Arts Play - PD	11:30 Congregate Lunch 12 Poker 1 Line Dancing Class - RR 2 Grief Support Group 7/13 - RR 2:30 Gentle Yoga	11:30 Congregate Lunch with Harmonaires Performance 12 Knit and Crochet Time 1 Memory Testing 3:15 Balance and Strength Class	9:30 DMV Test Prep - RR 10 Yoga for Parkinson's 11:30 Congregate Lunch 12 Poker 1 Bingo 2 Individual Apple Help - RR	9 Individual Apple Help - RR 10 TOPS (Take Off Pounds Sensibly) 11:30 Congregate Lunch 12:45 Movie Day
18	19	20	21	22
9 HICAP 9:30 Tremble Clefs for PD 10 DMV Test Prep 11:30 Congregate Lunch 12:45 Blood Pressure Screening 2 Integrative Arts Play - PD	11:30 Congregate Lunch with Tony Rogers Performance 12 Poker 12:30 Book Club - RR 1 Line Dancing Class - RR 2 Grief Support Group 8/13 - RR 2:30 Gentle Yoga	10:30 Financial Consultations - RR 10:30 Origami Class - RR 11:30 Congregate Lunch 12 Knit and Crochet Time 3:15 Balance and Strength Class	9:30 DMV Test Prep - RR 10 Yoga for Parkinson's 11:30 Congregate Lunch 12 Poker 1 Bingo 2 Individual Apple Help - RR	9 Individual Apple Help - RR 10 TOPS (Take Off Pounds Sensibly) 10 Hearing Screening - RR 11:30 Congregate Lunch 12:45 Movie Day
25	26	27	28	29
9 HICAP 9:30 Tremble Clefs for PD 10 DMV Test Prep 11:30 Congregate Lunch 2 Integrative Arts Play - PD	11:30 Congregate Lunch 12 Poker 1 Line Dancing Class - RR 2 Grief Support Group 9/13 - RR 2:30 Gentle Yoga	10 Individual Medication Review 11:30 Congregate Lunch 12 Knit and Crochet Time 3:15 Balance and Strength Class	9:30 DMV Test Prep - RR 10 Yoga for Parkinson's 11:30 Congregate Lunch 12 Poker 1 Bingo 2 Individual Apple Help - RR	9 Dental Hygiene Clinic - RR 9 Individual Apple Help - RR 10 TOPS (Take Off Pounds Sensibly) 11:30 Congregate Lunch - Birthday Celebration!!! 12:45 Movie Day