

August 2022

Age Well's Florence Sylvester Senior Center

23721 Moulton Parkway, Laguna Hills • (949) 498-3322

Age Well

FLORENCE SYLVESTER
SENIOR CENTER

Events & Classes

Visit myagewell.org

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
9:30 Tremble Clefs for PD 10:00 DMV Test Prep - RR 11:30 Congregate Lunch	11:30 Congregate Lunch 12:00 Poker 1:00 Line Dancing Class - RR 2:00 Grief Support Group 10/13 2:30 Gentle Yoga - RR	11:30 Congregate Lunch 12:00 Knit and Crochet Time 3:00 Balance and Strength Class	9:30 DMV Test Prep - RR 10:00 Yoga for Parkinson's 11:30 Congregate Lunch 12:00 Poker 1:00 Bingo 2:00 Individual Apple Help - RR	9:00 Individual Apple Help - RR 10:00 TOPS (Take Off Pounds Sensibly) 11:30 Congregate Lunch 12:45 Movie Day 3:00 FSSC Wine Club Tasting - RR
8	9	10	11	12
9:00 HICAP - RR 9:30 Tremble Clefs for PD 10:00 DMV Test Prep - RR 10:00 Emeritus Enrollment Assistance - RR 11:30 Congregate Lunch	11:30 Congregate Lunch 12:00 Poker 1:00 Line Dancing Class - RR 2:00 Grief Support Group 11/13 2:30 Gentle Yoga - RR	11:30 Congregate Lunch 12:00 Knit and Crochet Time 12:00 Memory Testing 3:00 Balance and Strength Class	9:30 DMV Test Prep - RR 10:00 Yoga for Parkinson's 10:30 Tech Lab Class 11:30 Congregate Lunch 12:00 Poker 1:00 Bingo 2:00 Individual Apple Help - RR	9:00 Individual Apple Help - RR 10:00 TOPS (Take Off Pounds Sensibly) 10:00 Tech Assistance Drop-In 11:30 Congregate Lunch 12:45 Movie Day
15	16	17	18	19
9:00 HICAP - RR 9:30 Tremble Clefs for PD 11:30 Congregate Lunch	11:30 Congregate Lunch - <i>Tony Rogers Performance</i> 12:00 Poker 12:45 Book Blub 1:00 Line Dancing Class - RR 2:00 Grief Support Group 12/13 2:30 Gentle Yoga - RR	10:30 Financial Consults - RR 11:30 Congregate Lunch 12:00 Knit and Crochet Time 3:00 Balance and Strength Class	9:30 DMV Test Prep - RR 10:00 Yoga for Parkinson's 10:00 Medicare Enrollment Class 11:30 Congregate Lunch 12:00 Poker 1:00 Bingo 2:00 Individual Apple Help - RR	9:00 Individual Apple Help - RR 10:00 TOPS (Take Off Pounds Sensibly) 11:30 Congregate Lunch 12:45 Movie Day
22	23	24	25	26
9:00 & 10:00 Balance and Mobility Emeritus 9:00 HICAP - RR 9:30 Tremble Clefs for PD 10:00 DMV Test Prep - RR 11:30 Congregate Lunch 1:00 Physical Fitness Emeritus	11:00 Memory & Brain Health Seminar - RR 11:30 Congregate Lunch 12:00 Poker 1:00 Line Dancing Class - RR 2:00 Grief Support Group 13/13 2:30 Gentle Yoga - RR	9:00 & 10:00 Balance and Mobility Emeritus 10:00 Vision and Eye Pressure Screening 11:30 Congregate Lunch - <i>Harmonaires performance</i> 12:00 Knit and Crochet Time 3:00 Balance and Strength Class	9:30 DMV Test Prep - RR 10:00 Yoga for Parkinson's 10:30 Tech Lab Class 11:30 Congregate Lunch 12:00 Poker 1:00 Bingo 2:00 Individual Apple Help - RR	9:00 Dental Hygiene Clinic - RR 9:00 Individual Apple Help - RR 9:00 & 10:00 Balance and Mobility Emeritus 10:00 TOPS (Take Off Pounds Sensibly) 10:30 Dayan Quigong Emeritus 11:30 Congregate Lunch - Birthday Celebration!!! 12:45 Movie Day 6:30 <i>Symphony on the Go!</i> - Free Concert • RR for seat
29	30	31	September 1	September 2
9:00 & 10:00 Balance and Mobility Emeritus 9:30 Tremble Clefs for PD 10:00 DMV Test Prep - RR 11:30 Congregate Lunch 1:00 Physical Fitness Emeritus	11:30 Congregate Lunch 12:00 Poker 1:00 Line Dancing Class - RR 2:30 Gentle Yoga - RR	9:00 & 10:00 Balance and Mobility Emeritus 11:30 Congregate Lunch 12:00 Knit and Crochet Time 3:00 Balance and Strength Class	9:30 DMV Test Prep RR 10:00 Yoga for Parkinson's 11:30 Congregate Lunch 12:00 Poker 1:00 Bingo 2:00 Individual Apple Help - RR	9:00 Individual Apple Help - RR 9:00 & 10:00 Balance and Mobility Emeritus 10:00 TOPS (Take Off Pounds Sensibly) 10:30 Dayan Quigong Emeritus 11:30 Congregate Lunch 12:45 Movie Day 3:00 FSSC Wine Club Tasting - RR