

Age Well

FLORENCE SYLVESTER SENIOR CENTER

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

September 2022 Highlights

RR = Reservations Required

9th Line Dancing Class

23rd Workshop - Charting Your Financial Course

12th Memory Testing

28th Voter Registration/Update Info.

21st Home Care Providers Info.

30th Birthday Celebration Lunch

MON	TUE	WED	THU	FRI
			1	2
			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 9 & 10 Balance and Mobility Emeritus 10 TOPS (Take Off Pounds Sensibly) 11:30 Congregate Lunch 12:45 Movie Day 3 FSSC Wine Club Tasting - RR
5	6	7	8	9
Closed in Observance of Labor Day	10 Line Dancing Class - RR 11:30 Congregate Lunch 12 Poker 1 Focus & Flexibility for Older Adults Emeritus 3 Gentle Yoga - RR	9 & 10 Balance and Mobility Emeritus 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 9 & 10 Balance and Mobility Emeritus 10 TOPS (Take Off Pounds Sensibly) 10 Tech Assistance Drop-In 11:30 Congregate Lunch 12:45 Movie Day 12:45 Line Dancing - RR
12	13	14	15	16
9 & 10 Balance and Mobility Emeritus 9 HICAP - RR 9:30 Tremble Clefs for PD 11:30 Congregate Lunch	10 Line Dancing Class - RR 11:30 Congregate Lunch 12 Poker 1 Focus & Flexibility for Older Adults Emeritus 3 Gentle Yoga - RR	9 & 10 Balance and Mobility Emeritus 10 Paper Crafting Class - RR 12 Memory Testing - RR 11:30 Congregate Lunch 12 Knit and Crochet Time	9:30 DMV Test Prep - RR 10 Yoga for Parkinson's 10 Medicare Enrollment Class 11:30 Congregate Lunch 12 Poker 1 Bingo 2 Individual Apple Help - RR	9 Individual Apple Help - RR 9 & 10 Balance and Mobility Emeritus 10 TOPS (Take Off Pounds Sensibly) 11:30 Congregate Lunch 12:45 Movie Day 12:45 Line Dancing - RR
19	20	21	22	23
9 & 10 Balance and Mobility Emeritus 9 HICAP - RR 9:30 Tremble Clefs for PD 10 DMV Test Prep - RR 11:30 Congregate Lunch	10 Line Dancing Class - RR 11:30 Congregate Lunch with Tony Rogers Performance 12 Poker 12:45 Book Club 1 Focus & Flexibility for Older Adults Emeritus 3 Gentle Yoga - RR	9 & 10 Balance and Mobility Emeritus 10:30 Financial Consults - RR 11:30 Congregate Lunch 12 Knit and Crochet Time 12:30 Blood Pressure Screening - RR 12:45 Home Care Providers Info. Session	9:30 DMV Test Prep - RR 10 Yoga for Parkinson's 11 Commodities Pantry Staples 11:30 Congregate Lunch 12 Poker 1 Bingo 2 Individual Apple Help - RR	9 Individual Apple Help - RR 9 & 10 Balance and Mobility Emeritus 10 TOPS (Take Off Pounds Sensibly) 11:30 Congregate Lunch 12:45 Movie Day 12:45 Line Dancing - RR 1 Workshop: Charting Your Financial Course - RR
26	27	28	29	30
9 & 10 Balance and Mobility Emeritus 9 HICAP - RR 9:30 Tremble Clefs for PD 11:30 Congregate Lunch	10 Line Dancing Class - RR 11:30 Congregate Lunch 12 Poker 1 Focus & Flexibility for Older Adults Emeritus 3 Gentle Yoga - RR	9 & 10 Balance and Mobility Emeritus 10 Voter Registration/Update 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 Dental Hygiene Clinic - RR 9 Individual Apple Help - RR 9 & 10 Balance and Mobility Emeritus 10 TOPS (Take Off Pounds Sensibly) 11:30 Congregate Lunch - Birthday Celebration!!! 12:45 Line Dancing - RR 12:45 Movie Day