

# Age Well

FLORENCE SYLVESTER  
SENIOR CENTER

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

## December 2022 Highlights

RR= reservation required

3 <sup>rd</sup>	<b>Holiday Boutique &amp; Craft Fair</b>	<b>16<sup>th</sup> Ugly Sweater Contest</b>
9 <sup>th</sup>	<b>Tony Rogers Performance</b>	<b>22<sup>nd</sup> &amp; 23<sup>rd</sup> Golden Oldies of Broadway Review Performance</b>

MON	TUE	WED	THU	FRI	SAT
			1 9:30 DMV Test Prep - RR 10 Yoga for Parkinson's 11:30 Congregate Lunch 12 Poker 1 Bingo 2 Individual Apple Help - RR	2 9 Individual Apple Help - RR 9 & 10 Balance Emeritus 10 TOPS 11:30 Congregate Lunch 12:45 Movie Day 12:45 Line Dancing 3 FSSC Wine Tasting Club	3 <b>Holiday Boutique and Craft Fair 10am-3pm</b>
5 9 HICAP - RR 9 & 10 Balance Emeritus 10:30 Dr. Trinh Doc Talk "Alzheimer's Research Update" 11:30 Congregate Lunch 1 Ukulele Class with Kona Don - RR	6 10 Line Dancing Class 11:30 Congregate Lunch 12 Poker 12 Knit and Crochet Group 12:30 Holiday Origami Class 1 Focus & Flexibility Emeritus 3 Gentle Yoga - \$	7 9 & 10 Balance Emeritus 11:30 Congregate Lunch 12 Memory Testing - RR 12:30 Art4Healing Workshop 5/6 - RR	8 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 9 Individual Apple Help - RR 9 & 10 Balance Emeritus 10 TOPS (Take Off Pounds Sensibly) 11:30 Congregate Lunch -with Tony Rogers Performance 12:45 Movie Day 12:45 Line Dancing	10
12 9 & 10 Balance Emeritus 9 HICAP - RR 9:30 Tremble Clefs for PD 10 DMV Test Prep - RR 11:30 Congregate Lunch - Tremble Clef performance	13 10 Line Dancing Class 12 Poker 12 Knit and Crochet Group 12:45 Book Club 1 Focus & Flexibility Emeritus 3 Gentle Yoga - \$	14 9 & 10 Balance Emeritus 11:30 Congregate Lunch - Harmonaires Holiday Performance 12:30 Art4Healing Workshop 6/6 - RR	15 9:30 DMV Test Prep - RR 10 Yoga for Parkinson's 11:30 Congregate Lunch 12 Poker 1 Bingo 2 Individual Apple Help - RR	16 9 Individual Apple Help - RR 9 & 10 Balance Emeritus 10 TOPS (Take Off Pounds Sensibly) 11:30 Congregate Lunch - Ugly Sweater Contest 12:45 Movie Day 12:45 Line Dancing	17
19 9 HICAP - RR 10 DMV Test Prep - RR 11:30 Congregate Lunch	20 10 Line Dancing Class 11:30 Congregate Lunch 12 Poker 12 Knit and Crochet Group 3 Gentle Yoga - \$	21 10:30 Financial Consults - RR 11:30 Congregate Lunch	22 9:30 DMV Test Prep - RR 10 Yoga for Parkinson's 11 Commodities Pantry Staples 11:30 Congregate Lunch 12 Poker 12:15 Golden Oldies of Broadway Performance 1 Bingo 2 Individual Apple Help - RR	23 9 Individual Apple Help - RR 10 TOPS (Take Off Pounds Sensibly) 11:30 Congregate Lunch 12:15 Golden Oldies of Broadway Performance 12:45 Movie Day 12:45 Line Dancing	24
26 <b>Closed in Observance of the Christmas Holiday</b>	27 10 Line Dancing Class 11:30 Congregate Lunch 12 Poker 12 Knit and Crochet Group	28 11:30 Congregate Lunch	29 9:30 DMV Test Prep - RR 11:30 Congregate Lunch 12 Poker 1 Bingo 2 Individual Apple Help - RR	30 9 Individual Apple Help - RR 10 TOPS (Take Off Pounds Sensibly) 11:30 Congregate Lunch - Birthday Celebration 12:45 Movie Day 12:45 Line Dancing	31