## Age Well | FLORENCE SYLVESTER SENIOR CENTER

23721 Moulton Pkwy, Laguna Hills CA • 949-380-0155 8:30AM-4PM

## September 2023

RR = Reservation Required

Monday	Tuesday	Wednesday	Thursday	Friday
August 28	August 29	August 30	August 31	1
9810 Balance & Mobility	10 Current Issues	<b>9 &amp; 10</b> Balance &	9:30 DMV Test Prep - RR	9810 Balance & Mobility
10 DMV Test Prep - RR	<b>11:30</b> Lunch	Mobility	<b>10</b> Yoga for PD	9:30 Individual Apple Help-RR
<b>11:30</b> Lunch	12 Knit and Crochet	<b>11:30</b> Lunch	<b>10</b> Chair Yoga – RR, \$2	<b>10</b> TOPS Meeting
	<b>1</b> Current Issues	<b>12:45</b> Movie Day	11:30 Lunch	11:30 Lunch
	${f 2}$ Grief Share – Loss of a	<b>1</b> Knitting Emeritus	<b>1:30</b> Bingo	<b>12:30</b> Cribbage
	Loved One		283 Individual Apple	<b>12:45</b> Movie Day
	<b>2:30</b> Tai Chi		Help-RR	<b>1</b> Fall Prevention & Longevity Class
				<b>3</b> FSSC Wine Club \$
4	5	6	7	8
Closed In	10 Current Issues	9 & 10 Balance &	<b>9:30</b> DMV Test Prep – RR	<b>9 &amp; 10</b> Balance & Mobility
	11:30 Lunch	Mobility	<b>10</b> Yoga for PD	9:30 Individual Apple Help - RR
Observation	12 Knit and Crochet	10 Create & Color- RR	<b>10:30</b> Chair Yoga – RR, \$2	<b>10</b> TOPS Meeting
Of	1 Current Issues	11:30 Lunch	11:30 Lunch	<b>11:30</b> Lunch
	<b>2</b> Grief Share - Loss of a	<b>12:30</b> How to Avoid Medicare Fraud - RR	<b>1:30</b> Bingo	<b>12:30</b> Cribbage
Labor	Loved One	<b>12:45</b> Movie Day	283 Individual Apple	<b>12:45</b> Movie Day
Day	<b>2:30</b> Tai Chi	<b>1</b> Knitting Emeritus	Help-RR	1 Fall Prevention & Longevity
11	12	13	14	Class 15
9&10 Balance & Mobility	<b>10</b> Current Issues	<b>9 &amp; 10</b> Balance &	<b>9:30</b> DMV Test Prep - RR	<b>9 &amp; 10</b> Balance & Mobility
9 HICAP - RR	<b>11:30</b> Lunch - Sunshine	Mobility	<b>10</b> Yoga for PD	9:30 Individual Apple Help - RR
<b>10</b> Legal Aid	Performance Club	<b>10</b> Memory Testing - RR	<b>10:30</b> Chair Yoga – RR, \$2	<b>10</b> TOPS Meeting
10 DMV Test Prep - RR	12 Knit and Crochet	<b>11:30</b> Lunch	<b>11:30</b> Lunch	<b>11:30</b> Lunch
10:30 Dr. Trinh Doc Talk	1 Current Issues	<b>12:45</b> Movie Day	<b>1:30</b> Bingo	<b>12:30</b> Cribbage
<b>11:30</b> Lunch	${f 2}$ Grief Share – Loss of a	<b>1</b> Knitting Emeritus	2 & 3 Individual Apple	<b>12:45</b> Movie Day
<b>1</b> Ukulele Class - RR	Loved One		Help-RR	<b>1</b> Fall Prevention & Longevity
<b>1</b> Randi Biederman Book Signing/Meet and Greet	<b>2:30</b> Tai Chi			Class
<b>1:30</b> Ballroom Dancing				

18	19	20	21	22
<ul> <li>9 &amp; 10 Balance &amp; Mobility</li> <li>9 HICAP - RR</li> <li>11:30 Lunch - Street Performers</li> <li>1 Ukulele Class - RR</li> <li>1:30 Ballroom Dancing Class</li> </ul>	<ul> <li>10 Current Issues</li> <li>11:30 Lunch- Tony Rogers Performance</li> <li>12 Knit and Crochet</li> <li>1 Current Issues</li> <li>2 Grief Share - Loss of a Loved One</li> <li>2:30 Tai Chi</li> </ul>	<ul> <li>9 &amp; 10 Balance &amp; Mobility</li> <li>10 Zentangle Art Class - RR</li> <li>11:30 Lunch</li> <li>12:45 Movie Day</li> <li>1 Knitting Emeritus</li> </ul>	8:30 Pantry Staples 10 Yoga for PD 10:30 Chair Yoga – RR, \$2 11:30 Lunch 1:30 Bingo 2 & 3 Individual Apple Help - RR	9 & 10 Balance & Mobility 9:30 Individual Apple Help - RR 10 TOPS Meeting 11:30 Lunch 12:30 Cribbage 12:45 Movie Day 1 Fall Prevention & Longevity Class
25	26	27	28	29
<ul> <li>9 &amp; 10 Balance &amp; Mobility</li> <li>9 HICAP - RR</li> <li>10 DMV Test Prep - RR</li> <li>11:30 Lunch - Street Performers</li> <li>12:15 Diabetes 101 - Doc Talk</li> <li>1 Ukulele Class - RR</li> <li>1:30 Ballroom Dancing Class</li> </ul>	10 Current Issues 11:30 Lunch 12 Knit and Crochet 1 Current Issues 2 Grief Share – Loss of a Loved One 2:30 Tai Chi	<ul> <li>9 &amp; 10 Balance &amp; Mobility</li> <li>10 Hearing Screening - RR</li> <li>11:30 Lunch - Harmonaires Performance</li> <li>12:30 Art4Healing - RR</li> <li>12:45 Movie Day</li> <li>1 Knitting Emeritus</li> </ul>	<ul> <li>9:30 DMV Test Prep - RR</li> <li>10 Yoga for PD</li> <li>10:30 Chair Yoga - RR, \$2</li> <li>11:30 Lunch</li> <li>1:30 Bingo</li> <li>2 &amp; 3 Individual Apple Help-RR</li> </ul>	<ul> <li>9 &amp; 10 Balance &amp; Mobility</li> <li>9:30 Individual Apple Help-RR</li> <li>10 TOPS Meeting</li> <li>11:30 Lunch - Birthday Celebration</li> <li>12:25 COX presentation - save on your monthly internet bill and learn internet safety tips</li> <li>12:30 Cribbage</li> <li>12:45 Movie Day</li> <li>1 Fall Prevention &amp; Longevity Class</li> </ul>

SNEAK PEAK - SAVE THE DATE Pancake Breakfast and Car Show October 28<sup>th</sup> 8am-11:30am \$7 all you can eat pancakes Fantastic Cars, Prizes, Fundraiser