# Age Well | FLORENCE SYLVESTER SENIOR CENTER

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

RR = Reservation Required

October

2023
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Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
9810 Balance & Mobility	10 Current Issues	<b>9 &amp; 10</b> Balance &	9:30 DMV Test Prep - RR	9810 Balance & Mobility
<b>10</b> DMV Test Prep – RR	<b>11:30</b> Lunch	Mobility	<b>10</b> Yoga for PD	9:30 Individual Apple Help-RR
<b>10</b> Legal Aid	12 Knit and Crochet	<b>10</b> Create & Color- RR	<b>10</b> Chair Yoga – RR, \$2	10 TOPS Meeting
<b>10:30</b> Dr. Trinh Doc Talk	1 Current Issues	11:30 Lunch	<b>11:30</b> Lunch	11:30 Lunch
<b>11:30</b> Lunch	${f 2}$ Grief Share – Loss of a	<b>1</b> Knitting Emeritus	<b>1:30</b> Bingo	<b>12:30</b> Cribbage
<b>12:15</b> Diabetes 101 - Doc	Loved One		2 & 3 Individual Apple	<b>12:45</b> Movie Day
Talk <b>1</b> Ukulele Class – RR	<b>2:30</b> Tai Chi		Help-RR	<b>1</b> Holistic Health, Fall Prevention & Longevity Class
				<b>3</b> FSSC Wine Club \$
9	10	11	12	13
<b>9 &amp; 10</b> Balance & Mobility	10 Current Issues	<b>9 &amp; 10</b> Balance &	9:30 DMV Test Prep - RR	9 & 10 Balance & Mobility
9 HICAP - RR	11:30 Lunch	Mobility	<b>10</b> Yoga for PD	9:30 Individual Apple Help - RR
<b>10</b> DMV Test Prep - RR	12 Knit and Crochet	11:30 Lunch	<b>10:30</b> Chair Yoga – RR, \$2	10 TOPS Meeting
11:30 Lunch – Sunshine	<b>1</b> Current Issues	<b>1</b> Knitting Emeritus	<b>11:30</b> Lunch	<b>11:30</b> Lunch
Club performance	${f 2}$ Grief Share – Loss of a		<b>1:30</b> Bingo	<b>12:30</b> Cribbage
<b>1</b> Ukulele Class - RR	Loved One		283 Individual Apple	<b>12:45</b> Movie Day
	<b>2:30</b> Tai Chi		Help-RR	<b>1</b> Holistic Health, Fall Prevention & Longevity Class
16	17	18	19	20
<b>9 &amp; 10</b> Balance & Mobility	10 Current Issues	<b>10</b> Health Fair - Flu	8:30 Pantry Staples	<b>9 &amp; 10</b> Balance & Mobility
9 HICAP – RR	11 Senator Blakespear's	Clinic - RR	9:30 DMV Test Prep - RR	9:30 Individual Apple Help - RR
<b>10</b> DMV Test Prep - RR	Mobile Office Hours	<b>10</b> Zentangle - RR	<b>10</b> Yoga for PD	10 TOPS Meeting
<b>11:30</b> Lunch	<b>11:30</b> Lunch – Tony	<b>10</b> Memory Testing - RR	<b>10:30</b> Chair Yoga – RR, \$2	<b>11:30</b> Lunch
<b>1</b> Ukulele Class – RR	Rogers Performance - RR	11:30 Lunch	<b>11:30</b> Lunch	<b>12:30</b> Cribbage
	12 Knit and Crochet	<b>1</b> Knitting Emeritus	<b>1:30</b> Bingo	<b>12:45</b> Movie Day
	1 Current Issues		<b>2&amp;3</b> Individual Apple Help - RR	<b>1</b> UCI Health Medicare Class - RR
	<b>2</b> Grief Share – Loss of a Loved One			
	<b>2:30</b> Tai Chi			

23	24	25	26	27
<b>9 &amp; 10</b> Balance & Mobility	9 HICAP Clinic - RR	<b>9 &amp; 10</b> Balance &	<b>9:30</b> DMV Test Prep - RR	<b>9 &amp; 10</b> Balance & Mobility
9 HICAP – RR	10 Current Issues	Mobility	<b>10</b> Yoga for PD	9:30 Individual Apple Help - RR
<b>10:00</b> DMV Test Prep - RR	<b>11:30</b> Lunch	<b>11:30</b> Lunch	<b>10:30</b> Chair Yoga – RR, \$2	<b>10</b> TOPS Meeting
<b>11:30</b> Lunch - Street	12 Knit and Crochet	12:30 Art4Healing	11:30 Lunch	<b>11:30</b> Lunch
Performers	1 Current Issues	<b>1</b> Barbara Wolk's (aka	<b>1:30</b> Bingo	<b>12:30</b> Cribbage
<b>1</b> Ukulele Class - RR	<b>2</b> Grief Share - Loss of a	Diana Kingsley) Mother In Name Only book	283 Individual Apple	<b>12:45</b> Movie Day
	Loved One	event/signing	Help-RR	1 Holistic Health, Fall Prevention
	<b>2:30</b> Tai Chi			& Longevity Class

### Pancake Breakfast and Car Show

# Saturday, October 28th

#### 8am-11:30am

## \$7 presale ticket to all you can eat pancake breakfast

Fantastic Cars, Raffle Prizes, Fundraiser

