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

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

