Age Well | FLORENCE SYLVESTER SENIOR CENTER

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

December 2023 RR = Reservation Required

Monday	Tuesday	Wednesday	Thursday	Friday
27	28	29	30	1
9 Balance & Mobility	10 Current Issues	9 Balance & Mobility	9:30 DMV Test Prep – RR	9 Balance & Mobility
9:30 Tremble Clef Practice	11:30 Lunch	10 Balance & Mobility	10 Yoga for PD	9:30 Individual Apple Help-
10 Balance & Mobility	12 Knit and Crochet	11:30 Lunch	10:30 Chair Yoga – RR \$2	RR
11:30 Lunch	12:30 Poker	12:30 Art4Healing	11:30 Lunch – Birthday	10 Balance & Mobility
	1 Current Issues	1 Knitting Emeritus	Celebration	10 TOPS Meeting
	2:30 Tai Chi		12:30 Poker	11:30 Lunch
			1:30 Bingo	12:30 Cribbage
			283 Individual Apple Help-RR	12:45 Movie Day
				3 FSSC Wine Club \$
4	5	6	7	8
9 Balance & Mobility	10 & 1 Current Issues	9 Balance & Mobility	9:30 DMV Test Prep - RR	9 Balance & Mobility
9:30 Tremble Clef Practice	11:30 Lunch	10 Balance & Mobility	10 Yoga for PD	9:30 Individual Apple Help
10 Legal Aid	12 Knit and Crochet	11 Last Chance for	10:30 Chair Yoga – RR \$2	- RR
10 Balance & Mobility	12:30 Poker	AEP - Memorial Care	11:30 Lunch	10 Balance & Mobility
10:30 Dr. Trinh Doc Talk	2:30 Tai Chi	Medicare Seminar	12:30 Poker	10 TOPS Meeting
11:30 Lunch		11:30 Lunch	1:30 Bingo	11:30 Lunch
		1 Knitting Emeritus	2&3 Apple Help-RR	12:30 Cribbage
				12:45 Movie Day
11	12	13	14	15
9 Balance & Mobility	10 & 1 Current Issues	9 Balance & Mobility	9:30 DMV Test Prep - RR	9 Balance & Mobility
9 HICAP - RR	11:30 Lunch	10 Memory Testing –	10 Yoga for PD	9:30 Individual Apple Help
9:30 Tremble Clef Practice	12 Knit and Crochet	RR	10:30 Chair Yoga – RR \$2	- RR
10 Balance & Mobility	12:30 Poker	10 Balance & Mobility	11:30 Lunch	10 Balance & Mobility
10 DMV Test Prep - RR	2:30 Tai Chi	11:30 Lunch	12:30 Poker	10 TOPS Meeting
11:30 Lunch - Sunshine		1 Knitting Emeritus	1:30 Bingo	11:30 Lunch
Club performance			2&3 Individual Apple Help - RR	12:30 Cribbage
1 Nutrition Seminar - RR				12:45 Movie Day

18	19	20	21	22
9 & 10 Balance & Mobility 9 HICAP - RR 9:30 Tremble Clef Practice 10:00 DMV Test Prep - RR 11:30 Lunch	 10 & 1 Current Issues 11:30 Lunch - Tony Rogers Performance - RR 12 Knit and Crochet 12:30 Poker 2:30 Tai Chi 	9 & 10 Balance & Mobility 11:30 Lunch – Harmonaires performance	 8:30 Pantry Staples 10 Yoga for PD 10:30 Chair Yoga - RR \$2 11:30 Lunch 12:30 Poker 1:30 Bingo 2 & 3 Individual Apple Help - RR 	 9:30 Individual Apple Help - RR 10 TOPS Meeting 11:30 Lunch - Jingle & Mingle Holiday Party - RR 12:30 Cribbage 12:45 Movie Day
25	26	27	28	29
Closed In Observance of the Christmas Holiday	 11:30 Lunch 12 Knit and Crochet 12:30 Poker 2:30 Tai Chi 	11:30 Lunch	 10 Yoga for PD 10:30 Chair Yoga - RR \$2 11:30 Lunch 12:30 Poker 1:30 Bingo 2 & 3 Individual Apple Help - RR 	 9:30 Individual Apple Help - RR 10 TOPS Meeting 11:30 Lunch - Birthday Celebration 12:30 Cribbage 12:45 Movie Day

Holiday Boutique

Saturday, December 2

10am-3pm

Make a dent in your holiday shopping by supporting local artists AND the vital resources we deliver to our community.