Age Well | FLORENCE SYLVESTER SENIOR CENTER

February

2024

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

23/21 Moulton Pkwy, Laguna Hills CA ● 949-380-0155 8:30AM-4PM			kk = keservation kequirea	
Monday	Tuesday	Wednesday	Thursday	Friday
January 29	January 30	January 31	1	2
9 & 10 Balance & Mobility	10 & 12 Current Issues	9 & 10 Balance & Mobility	9:30 DMV Test Prep - RR	9 & 10 Balance & Mobility
9 HICAP	11:30 Lunch - RR	11:30 Lunch - RR	10 Yoga for PD	9:30 Individual Apple
9:30 Tremble Clef	12 Knit and Crochet	1 Knitting Emeritus	10:30 Chair Yoga - \$2	Help-RR
Practice	12:30 Poker	12:30 Art4Healing - RR	11:30 Lunch - RR	10 TOPS Meeting
10:00 DMV Test Prep - RR	1:30 Bingo		12:30 Poker	11:30 Lunch- RR
11:30 Lunch - RR			12:45 Spring Dance Workshop	12:30 Cribbage
1 Ukulele Class			for PD	12:45 Movie Day
2:30 Tai Chi			283 Individual Apple Help-RR	3 FSSC Wine Club - \$, RR
5	6	7	8	9
9 & 10 Balance & Mobility	10 & 12 Current Issues	9 & 10 Balance & Mobility	9:30 DMV Test Prep - RR	9 & 10 Balance & Mobility
9:30 Tremble Clef	10 Guided	10 Create & Color-RR	10 Yoga for PD	9:30 Individual Apple
Practice & Performance	Autobiography	11:30 Lunch - RR	10:30 Chair Yoga - \$2	Help-RR
10 Legal Aid - RR	Workshop - RR	1 Knitting Emeritus	11:30 Lunch - RR	10 TOPS Meeting
10:00 DMV Test Prep - RR	11:30 Lunch - RR		12:30 Poker	10 Tech Drop-in Assistance
11:30 Lunch - RR	12 Knit and Crochet		12:45 Spring Dance Workshop	11:30 Lunch - RR
1 Ukulele Class	12:30 Poker		for PD	12:30 Cribbage
2:30 Tai Chi	1:30 Bingo		283 Individual Apple Help -	12:45 Movie Day
			RR	
12	13	14	15	16
9 & 10 Balance & Mobility	10 & 12 Current Issues	9 & 10 Balance & Mobility	9:30 DMV Test Prep - RR	9 & 10 Balance & Mobility
9 HICAP - RR	10 Guided	10 Memory Testing - RR	10 Yoga for PD	9:30 Individual Apple Help - RR
9:30 Tremble Clef	Autobiography Workshop - RR	11:30 Valentine's Lunch	10:30 Chair Yoga – \$2	
Practice	11:30 Lunch - RR	Party - RR - Harmonaires performance	11:30 Lunch - RR	10 TOPS Meeting
11:30 Lunch – Sunshine Performance Club - RR	12 Voter Registration	1 Knitting Emeritus	12:30 Poker	11:30 Lunch - RR
1 Ukulele Class	12 Knit and Crochet	- ixilicilis Ellicilias	12:45 Spring Dance Workshop	12:30 Cribbage
2:30 Tai Chi	12:30 Poker		for PD	12:45 Movie Day
2.3U Tat Otti			2&3 Individual Apple Help -	
	1:30 Bingo		RR	

19	20	21	22	23
Closed in	10 & 12 Current Issues	9 & 10 Balance & Mobility	8:30 Pantry Staples	9 & 10 Balance & Mobility
Closed III	10 Guided	10 Zentangle - RR	9:30 DMV Test Prep - RR	9:30 Individual Apple Help
Observance	Autobiography	11:30 Lunch - RR	10 Yoga for PD	- RR
	Workshop - RR	1 Knitting Emeritus	10:30 Chair Yoga - \$2	10 TOPS Meeting
of	11:30 Lunch-Tony Rogers Performance -		11:30 Lunch - RR - Street	11:30 Lunch - RR - Birthday
President's	RR		Performers	Celebration
Day	12 Knit and Crochet		12:30 Poker	12:30 Cribbage
	12:30 Poker		12:30 "Caring for Yourself While Helping Others" workshop - RR	12:45 Movie Day
	1:30 Bingo			
	1:30 Improve Your Hearing & Life		12:45 Spring Dance Workshop for PD	
	Workshop - RR		2&3 Individual Apple Help - RR	
26	27	28	March 1	March 2
9 & 10 Balance & Mobility	10 & 12 Current Issues	9 & 10 Balance & Mobility	9:30 DMV Test Prep - RR	9 & 10 Balance & Mobility
9 HICAP - RR	10 Guided	11:30 Lunch - RR	10 Yoga for PD	9:30 Individual Apple Help
9:30 Tremble Clef	Autobiography	12:30 Art4Healing - RR	10:30 Chair Yoga - \$2	- RR
Practice	Workshop - RR	1 Knitting Emeritus	11:30 Lunch - RR	10 TOPS Meeting
10:00 DMV Test Prep - RR	11:30 Lunch - RR		12:30 Poker	11:30 Lunch - RR
11:30 Lunch - RR	12 Knit and Crochet		12:45 Spring Dance Workshop	12:30 Cribbage
2:30 Tai Chi	12:30 Poker		for PD	12:45 Movie Day
1 Ukulele Class	1:30 Bingo		2&3 Individual Apple Help - RR	3 FSSC Wine Club \$

Live in Laguna Woods Village and would like transportation to attend any of our activities or have lunch?

Transportation has added the Florence Sylvester Senior Center to their regular schedule. The bus stops at the center two times per hour from 9am-5pm, Monday-Friday!

More details? Call the transportation department main line or our reception at (949) 380-0155