Age Well | FLORENCE SYLVESTER SENIOR CENTER

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

RR = Reservation Required

January

2024

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Closed in Observance of New Year's Day 2000 9:30 Tremble Clef Practice 10 Legal Aid - RR 10:00 DMV Test Prep - RR 11:30 Lunch - Sunshine Performance Club - RR 1 Ukulele Class - RR	11:30 Lunch 12 Knit and Crochet 12:30 Poker 1:30 Bingo 9 11:30 Lunch 12 Knit and Crochet 12:30 Poker 130 Lunch 12 Knit and Crochet 12:30 Poker 130 Bingo	10 Create & Color- RR 11:30 Lunch 10 11:30 Lunch 1 Sunshine Lutey's "Surviving & Finding Joy" book event/signing - RR	 9:30 DMV Test Prep - RR 10:30 Chair Yoga - RR \$2 11:30 Lunch - Chuck Spearman performance - RR 12:30 Poker 2 & 3 Individual Apple Help-RR 9:30 DMV Test Prep - RR 10 Yoga for PD 10:30 Chair Yoga - RR \$2 11:30 Lunch 12:30 Poker 12:30 Poker 12:45 Spring Dance Workshop 	9:30 Individual Apple Help-RR 10 TOPS Meeting 11:30 Lunch 12:30 Cribbage 12:45 Movie Day 10 10 TOPS Meeting 11:30 Lunch 12:30 Cribbage 12:45 Movie Day 12 10 TOPS Meeting 11:30 Lunch 12:30 Cribbage 12:30 Cribbage 12:30 Cribbage 12:45 Movie Day
2:30 Tai Chi 15	16 10 & 1 Current Issues	17 9 & 10 Balance &	for PD 2&3 Individual Apple Help - RR 18	19 9 & 10 Balance & Mobility
Closed in Observance of Martin Luther King Jr. Day	 10 & 1 Current Issues 11 Voter Registration 11:30 Lunch- Tony Rogers Performance - RR 12 Knit and Crochet 12:30 Poker 1:30 Bingo 1:30 Improve Your Hearing & Life Workshop - RR 	Mobility 10 Zentangle - RR 10 Memory Testing – RR 11:30 Lunch 1 Knitting Emeritus	 8:30 Pantry Staples 9:30 DMV Test Prep - RR 10 Yoga for PD 10:30 Chair Yoga - RR \$2 11:30 Lunch 12:30 Poker 12:45 Spring Dance Workshop for PD 2 & 3 Individual Apple Help - RR 	 9 8 10 Balance & Mobility 9:30 Individual Apple Help - RR 10 TOPS Meeting 11:30 Lunch 12:30 Cribbage 12:45 Movie Day

22	23	24	25	26
9 & 10 Balance & Mobility	10 & 1 Current Issues	9 & 10 Balance &	9:30 DMV Test Prep - RR	9810 Balance & Mobility
9 HICAP – RR	11:30 Lunch	Mobility	10 Yoga for PD	9:30 Individual Apple Help -
9:30 Tremble Clef Practice	12 Knit and Crochet	10 Individual	10:30 Chair Yoga – RR \$2	RR
11:30 Lunch – Tremble Clef	12:30 Poker	Medication Interaction Consult -	11:30 Lunch	10 TOPS Meeting
Performance	1:30 Bingo	RR	12:30 Poker	11:30 Lunch - Birthday
2:30 Tai Chi		11:30 Lunch	12:45 Spring Dance Workshop	Celebration
		1 Knitting Emeritus	for PD	12:30 Cribbage
			2&3 Individual Apple Help -	12:45 Movie Day
			RR	
29	30	31	February 1	February 2
9 & 10 Balance & Mobility	10 & 1 Current Issues	9 & 10 Balance &	9:30 DMV Test Prep - RR	9810 Balance & Mobility
9 HICAP - RR	11:30 Lunch	Mobility	10 Yoga for PD	9:30 Individual Apple Help -
9:30 Tremble Clef Practice	12 Knit and Crochet	11:30 Lunch	10:30 Chair Yoga – RR \$2	RR
10:00 DMV Test Prep – RR	12:30 Poker	12:30 Art4Healing	11:30 Lunch	10 TOPS Meeting
11:30 Lunch	1:30 Bingo	1 Knitting Emeritus	12:30 Poker	11:30 Lunch
2:30 Tai Chi			12:45 Spring Dance Workshop	12:30 Cribbage
			for PD	12:45 Movie Day
			2 & 3 Individual Apple Help - RR	3 FSSC Wine Club \$

Sneak Peak - A Very Special Engagement Beginning February 6, 10AM-12PM **7 Week "Write Your Autobiography" Workshop** Limited Registration Must Commit To All 7 Weeks Call Center More Details Or To Register (949) 380-0155