

January 2024 Highlights

- ◆ Bingo - NEW day!
- ◆ Voter Registration Day
- ◆ Apple Device Assistance
- ◆ Book Event with Sunshine Lutey
- ◆ Dance Workshop Series for Parkinson's Disease
- ◆ Cribbage
- ◆ Yoga for PD
- ◆ Chair Yoga
- ◆ Tony Rogers Lunch Performance
- ◆ TOPS meetings
- ◆ Tai Chi Class



The flyer features a black border and a white background. At the top, it says 'Age Well | FLORENCE SYLVESTER SENIOR CENTER'. The main headline is 'LET'S PLAY BINGO!' in large, bold, black letters. Below that, it says 'BINGO IS MOVING TO TUESDAYS!' and 'WELCOME PLAYERS CLUB OF LAGUNA WOODS!'. A horizontal line separates the header from the schedule: 'JOIN US EVERY TUESDAY', '1:00PM CARDS GO ON SALE', '1:30PM GAMES BEGIN!'. The bottom section says 'GAMES AND GOOD COMPANY! JOIN US EVERY TUESDAY FOR BINGO! COFFEE BAR PROVIDED AND YOU ARE WELCOME TO BRING YOUR OWN TREATS.' At the very bottom, it lists the address and phone number: '23721 Moulton Pkwy, Laguna Hills (949) 380-0155'. A large, faint 'BINGO' watermark is visible in the background.

As the New Year brings renewal and growth, we at Age Well's Florence Sylvester Senior Center are thrilled to share a season of new beginnings and community with you. This is a time to embrace change, **foster connections and engage** in activities that enrich our lives.

We are excited to host local author Sunshine Lutey, whose stories and insights promise to **inspire and entertain**. Join us for an afternoon of literary exploration and engaging discussions.

Bingo enthusiasts rejoice! We're introducing a new bingo day, welcoming members of the Players Club. It's a fantastic opportunity to meet fellow bingo lovers and enjoy some **friendly competition**.

Health and well-being are at the heart of our community. We're offering individual medication reviews to ensure you're getting the most out of your healthcare. Bill Liu, PharmD specializing in geriatrics, will be on-site to provide individualized advice and answer your questions about possible drug interactions.

In collaboration with PEP4U, we're delighted to bring back a dance workshop designed for individuals with Parkinson's Disease. This program focuses on movement, balance, and joy, providing a supportive and fun environment for all participants.

Together, let's make this season a time of **renewal, joy, and community**. Aimée Roberts, Director

- **Bingo - NEW Day!**

We're changing our bingo day to Tuesday. Times and buy-ins remain the same. Come join us for good company and a bit of friendly competition. Coffee bar provided. Players are welcome to bring their own nibbles. Age Well's Florence Sylvester Senior Center extends a special welcome to the Laguna Woods Players Club!

When: Tuesdays, Papers on sale at 1:00pm, Games begin at 1:30pm

- **Book Event with author Sunshine Lutey**

Join us for an afternoon with author Sunshine Lutey as she unveils the backstory that inspired her latest book, *Survival Through Writing*. If you have questions about the creative process or overcoming writer's block, Lutey will open the floor to questions, offering personal insights and advice to aspiring writers and book lovers. Call the center to pre-register and you will receive a raffle ticket upon arrival for a signed copy of Lutey's book.

When: Wednesday, 1/10, 1pm, Reservation Encouraged

- **Individual Review of Medications**

Have you ever been curious about how your medications and vitamins and supplements interact? Bill Liu, geriatric pharmacist will be on-site to review what you are taking and insure there are no contraindications. Please bring a list of your medications, over the counter drugs and supplements to your individual appointment. Call the center at (949) 380-0155 to reserve your spot.

When: Wednesday, 1/24, 10am-2pm, Reservation Required

- **Apple Device Assistance**

Bring your device (MacBook, iPhone, iPad, or Apple Watch) and Don Truhill will teach you how to use it more effectively and answer your questions. This is an individual 1-hour appointment. Reservation Required.

When: Thursdays, 2-4pm & Fridays, 9:30-11:30am, Reservation Required

- **Chair Yoga**

Join veteran yoga instructor, Jill Camera, for a yoga class that is designed to meet you wherever you are on your physical ability journey. Suggested contribution of \$2. No experience necessary.

When: Thursdays, 10:30am

- **Legal Aid SoCal**

*Attorneys will be on-site offering free 30 minute legal consultations. **Reservations are required** and participants must be 60+ years old. Consults can cover topics like government benefits, health, housing, consumer problems, wills, elder abuse and more.*

When: First Mondays of the month, 10am-2pm, Reservations Required

- **Tai-Chi & Qigong Class - NEW Day!**

Scientifically proven to improve balance, reduce arthritis pain, and blood pressure. Other benefits include promoting stroke and heart attack recovery, and helping to relieve the physical effects of stress.

When: Mondays, 2:30pm

Starter 7 HOUR Package	Best Value 12 HOUR Package	Complete 24 HOUR Package
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parentis health 



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LTC Family Educator
Mayra Amaya

GUIDED AUTOBIOGRAPHY 7-WEEK WORKSHOP



**START
AT
10:00 AM**

**TUESDAY
06 FEBRUARY
2024**

***NO EXPERIENCE
NECESSARY. Workshop is
limited to 10 participants - call
and reserve your spot. Please
commit to all 7 weeks.***

Program of each session:

10:00 am Discussion and introduction of the week's themes
11:00 am Breakout groups discuss stories and receive
supportive feedback

www.agewellseniorservices.org

23721 Moulton Pkwy, Laguna Hills CA (949) 380-0155

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Call today with any questions or to RSVP!



Autumn Wright

Licensed Insurance Agent

949-333-3874

Cell: 619-723-4066

Not affiliated with or endorsed by the government or the federal Medicare program. Insurance-related solicitation. This event is for educational purposes only. No plan or benefit information will be shared. For accommodations of persons with special needs at meetings, call 619-723-4066 (TTY:711).

Quality senior health services, right in your community

UCI Health

UCI Health is committed to bringing a wide variety of services to give you and your family the best care available, right here in Laguna Hills.

The SeniorHealth Center combines the latest evidence-based medical practices with a warm, holistic approach to healthy aging.

Recognized among the top 50 geriatric medicine programs in the country, we listen to our patients so we can address their medical issues with dignity, respect and compassion.

UCI Health — Laguna Hills

23961 Calle de la Magdalena, Suite 200
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Phone: 949-238-4100


ucihealth.org/laguna-hills



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Join **PEP4U** for a free
Spring Dance Workshop
For individuals with **Parkinson's Disease**

Starting January 11, 2024 - April 12,
2024 12:45pm - 1:45pm Every Thursday

Taught by Tessa Heiberg: Doctor of
Physical Therapy Student at Chapman University

Florence Sylvester Senior Center
23721 Moulton Pkwy
Laguna Hills, CA 92653

All Levels
Welcome!



For more information, email info@pep4u.org or call (949)264-3341

Orange County

Hi! I'm your local Kaiser Permanente Medicare specialist, and I'm here to help.

I know choosing a Medicare health plan can be challenging. Let me help make it simple.

Now's the time to find out if you could be getting more out of your plan. I can help you:

- Understand the basics of Medicare
- Learn the benefits of a Kaiser Permanente Medicare health plan and how it can help you thrive
- Find a doctor (all our available doctors accept our Medicare health plan members)
- Learn about the new 2023 plan benefits and enhancements
- Add extra benefits like dental, vision, and hearing to your plan
- Learn how to enroll and how I can help you enroll*



Eliud Rosamilia
Kaiser Permanente
Medicare specialist

Call me at
(714) 393-8183
Se habla español



Join me at a live neighborhood webinar or in-person seminar to learn more.

Call me to RSVP or visit my website at
mykpagent.org/eliudr

*You must meet all Medicare health plan enrollment requirements. Kaiser Permanente is an HMO plan with a Medicare contract. Enrollment in Kaiser Permanente depends on contract renewal. You must reside in the Kaiser Permanente Medicare health plan service area in which you enroll. Kaiser Foundation Health Plan, Inc., 393 E. Walnut St., Pasadena, CA 91188-8514.

♻️ Please recycle. 945996849 August 2022

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 **KAISER PERMANENTE.**



JOIN US

LEGAL AID SOCAL

First Monday of the Month

10 am - 2 pm


Individual Free Consultations

30 MINUTE SESSIONS

Must be 60+ Years Old • Reservation Required

An attorney will be available to offer advice on issues including government benefits, health, housing, consumer problems, wills, elder abuse, and more.

RESERVE TODAY

 **949-380-0155**

Age Well | FLORENCE SYLVESTER
SENIOR CENTER



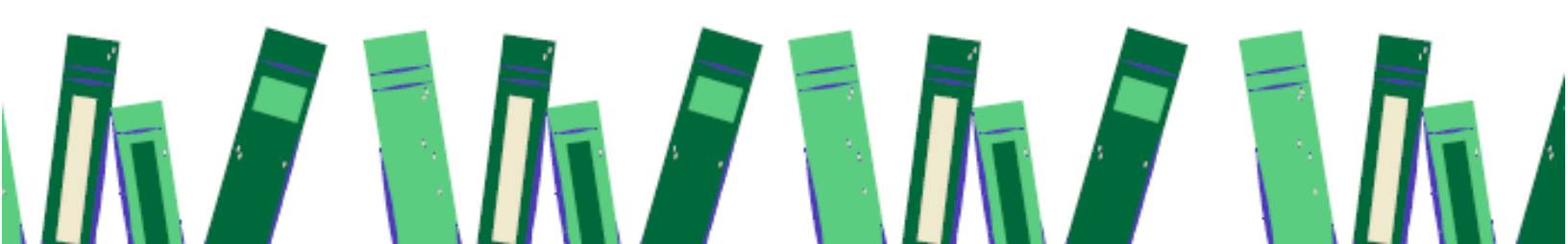
Age Well | FLORENCE SYLVESTER
SENIOR CENTER

Calling all book worms!

FLORENCE SYLVESTER'S LIBRARY

Did you know we have a library room? Join us!

Regular and large print books curated by a librarian, take a book home, donate a book, relax and enjoy the space **cozying up to a good book**. Open during business hours.



2024
SENIOR
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12/7/23**

We do not offer every plan available in your area. Currently, we represent 12 organizations which offer 107 products in your area. Please contact [Medicare.gov](https://www.Medicare.gov), 1-800-Medicare, or your local State Health Insurance Program (SHIP) to get information on all of your options.

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- **Medication Reminders**
- **Maintain a Safe & Secure Environment**
- **Short Term Recovering Patients**

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Saddleback Medical Center



MEDICATION REVIEW

INDIVIDUAL CONSULTATION WITH GERIATRIC PHARMACIST, BILL LIU, TO ANSWER QUESTIONS AND REVIEW YOUR MEDICATIONS. BRING ALL MEDICATIONS YOU CURRENTLY TAKE TO THE APPOINTMENT, INCLUDING OVER THE COUNTER DRUGS, VITAMINS AND SUPPLEMENTS.

WEDNESDAY, JANUARY 24
APPOINTMENT REQUIRED
CALL (949) 380-0155



Age Well | FLORENCE SYLVESTER
SENIOR CENTER

23721 MOULTON PKWY., LAGUNA HILLS

Age Well.

Orange County's partner in aging

Delicious. Nutritious. Gourmet.

Age Well Senior Services is proud to announce a brand new menu for our lunch program catered by Zest in a Bowl.

Zest in a Bowl will be serving lunches from Monday to Friday. They are a local, family-run restaurant whose mission is to bring natural, healthy, and tasty dishes to the community.

Zest
in a Bowl

About The Menu

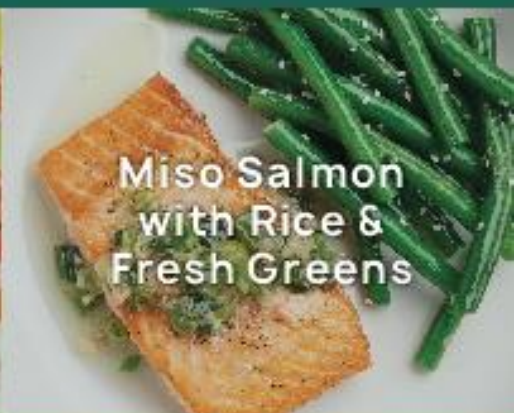
The cuisine features a variety of Mediterranean & Italian dishes, each containing a range of vegetables with protein. Notable guest favorites are the fresh salads & wraps, and the healthy soups. A new menu is created every six weeks. Prepared by Zest in a Bowl and served by Age Well Senior Services.



Hawaiian
BBO
Spareribs



Lemon Grass
Thai Basil
Chicken
Fresh Veggies



Miso Salmon
with Rice &
Fresh Greens

Let's do lunch! Make your reservation today.



www.myagewell.org



AgeWellSeniorServices



949.855.8033

KNITTING & CROCHETING

Like to knit or crochet? Looking to learn? Join the Florence Sylvester group. We meet weekly and hope you'll join!

Tuesdays 12 PM

Age Well | FLORENCE SYLVESTER
SENIOR CENTER

See
You
There!



Explore more events online
www.myagewell.org

**Make a reservation for lunch
and enjoy local favorite**



**Tony Odell Rogers
LIVE Performance!**

Tuesday, January 16
11:30am-12:30pm



23721 Moulton Pkwy, Laguna Hills

(949) 380-0155

Florence Sylvester Presents:

Author Event & *Book Signing*

“Survival Through Writing”

Journey to Joy: Memoir

1943-2018: Surviving and Finding Joy

Sunshine tells stories from her first memories of childhood through her life experiences ending with 2018

Sunshine’s Stories 2 Memoir

Sunshine shares both fantasy and stories of life from 2015-2020

Sunshine’s Stories 3: Memoir

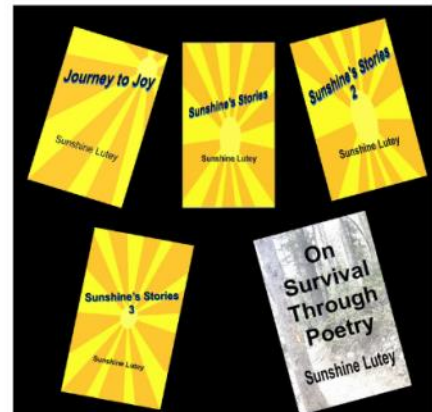
Sunshine shares the rest of the journey continuing through David’s Celebration of Life

On Survival Through Poetry:–

Two weeks after Sunshine lost David she began writing poetry to work through pain and loss and to find how to survive.



Sunshine Lutey
Author



Raffle Entry for Signed
Copy when you RSVP

10

January

Florence Sylvester

Call to RSVP

949 - 380 - 0155

Join us at 1 pm

📞 949 - 380 - 0155

🌐 myagewell.org

📍 23721 Moulton Pkwy,
Laguna Hills

Marlene Bridges



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Age Well

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JOIN US WEEKLY

Tai-Chi & Qi-Gong

Florence Sylvester Memorial Senior Center

Hosted in Ballroom 1 by Instructor Ed Tao

Join Us Every Monday at 2:30 PM

Benefits of the practice include the following:

- Improves balance and stability by strengthening ankles and knees
 - Relieves physical effects of stress
 - Promotes deep breathing
- Improves lower body and leg strength
 - Helps with arthritis pain
 - Reduces blood pressure
- Promotes faster recovery from strokes and heart attacks
 - Promotes good posture and mental alertness

Reserve your spot by calling 949 380 0155

visit www.myagewell.org
to explore more classes & events

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Greater Newport Physicians MemorialCare (GNPM) is one of the most experienced and respected medical groups in Orange County. From primary care doctors to specialists, to advanced imaging centers and nationally recognized hospitals, GNPM delivers the personalized care that you are looking for. From annual wellness visits and preventive health screenings, to immunizations and management of chronic conditions, we are dedicated to helping you stay healthy and caring for you when you're not. If you are looking for a doctor and want to belong to one of the top medical groups in Orange County, please visit gnpweb.com or call our Concierge Call Center at (800) 553-6537.



Mohammed Ali, M.D.
Lake Forest
23672 Bircher Drive
Suite A
Lake Forest, CA 92630
(949) 770-7301



Jeffrey Globus, M.D.
Mission Viejo
26902 Oso Parkway
Suite 140
Mission Viejo, CA 92691
(949) 916-8870



Behnaz Haghighi-Motlagh, M.D.
Laguna Niguel
27781 La Paz Road
Laguna Niguel, CA 92677
(949) 831-0300



Sorja Krafcik, M.D.
Laguna Niguel
25500 Rancho Niguel Road
Suite 150
Laguna Niguel, CA 92677
(949) 831-3686



Henry Leung, D.O.
Laguna Hills
24953 Paseo de Valencia
Building B, Suite 13B
Laguna Hills, CA 92653
(949) 425-0321



Jonathan Lish, M.D.
Laguna Hills
23151 Verdugo Drive
Suite 107
Laguna Hills, CA 92653
(619) 363-5347



Katherine Manasson, M.D.
Laguna Hills
24422 Avenida de la Carlota, Suite 272
Laguna Hills, CA 92653
(949) 348-1085



Marish Marolia, M.D.
Aliso Viejo
2 Journey, Suite 201
Aliso Viejo, CA 92656
(949) 427-6074



Shannon O'Connor, M.D.
Aliso Viejo
5 Journey, Suite 130
Aliso Viejo, CA 92656
(949) 360-1069

Age Well | FLORENCE SYLVESTER
SENIOR CENTER

MOVIE DAYS

Fridays at 12:45pm

11/3 IT'S COMPLICATED

11/17 THE BIG SHORT

12/1 PURPLE HEARTS

12/8 OUR SOULS AT NIGHT

12/15 RUNAWAY BRIDE

12/22 DEAR JOHN

12/29 THE FIRM

1/5 WANNA DANCE WITH SOMEBODY

1/12 SILVER LININGS PLAYBOOK

1/19 HAPPINESS FOR BEGINNERS

1/26 LIFE ON OUR PLANET

2/2 BIG GEORGE FOREMAN

2/9 MY BIG FAT GREEK WEDDING 2

2/16 PAIN HUSTLERS

2/23 LIKE FATHER



23721 MOULTON PKWY., LAGUNA HILLS

949-380-0155

Age Well | FLORENCE SYLVESTER
SENIOR CENTER

JOIN US!

Florence Sylvester Senior Center

YOGA FOR PARKINSON'S

This exercise class specifically designed for anyone with Parkinson's and their loved ones encompasses breath work, gentle movement, stretching, performed seated or standing. The instructor Susan Juby has taught yoga classes for over 15 years and is also a yoga therapist, and she looks forward to working with you.

Thursdays at 10 AM
Call to Reserve (949) 380-0155

Florence Sylvester Senior Center
23721 Moulton Pkwy, Laguna Hills

www.myagewell.org





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- ✓ **Part D Prescription Drug Coverage**
Save on 30,000+ prescription drugs, with \$0 copay on 10,000+ medications—plus a Bonus Drug List, not typically covered under Part D plans.
- ✓ **Free Gym Membership**
Stay fit with a membership to a fitness club near you.
- ✓ **\$0 Transportation**
Get around more easily with rides to doctor appointments or the pharmacy (Benefits vary by plan).

LET'S GET TOGETHER

Revisit and make changes if you need to

Time: 2pm-3pm

1/23/2024 at Coco's Bakery Restaurant

23000 Lake Forest Dr, Laguna Hills CA 92653

1/29/2024 at Alignment Health Plan Center

24310 Moulton Pkwy C2 Laguna Woods 92653

LET'S MAKE PLANS

Binh Nguyen

949-744-1952

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8 am–8 pm, 7 days a week

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*Monthly premiums and benefit availability vary by plan and county. For plan availability in your county, please contact Alignment Health Plan.

Alignment Health Plan is an HMO, HMO POS, HMO C-SNP, HMO D-SNP and PPO plan with a Medicare contract and a contract with the California, Nevada and North Carolina Medicaid programs. Enrollment in Alignment Health Plan depends on contract renewal. Alignment Health Plan complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. For accommodation of persons with special needs at sales meetings, call 888-979-2247 (TTY: 711).

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Age Well

FLORENCE SYLVESTER
SENIOR CENTER

TAKE POUNDS OFF SENSIBLY

TOPS MEETING

Support group for attaining and maintaining
a healthy weight. Stay & share a healthy,
nutritious lunch after the meeting!

Fridays at 10 AM

Florence Sylvester Senior Center

Learn more at [tops.org](https://www.tops.org)

Contact Age Well :
949-380-0155
myagewell.org




Chair Yoga with Jill Camera



Jill has been teaching yoga for more than 20 years. Her focus is on techniques that address the challenges and needs of older adults. Come join us for this amazing opportunity to improve your flexibility, joint health, balance, focus and concentration while nurturing your mental well-being. No experience necessary.

JOIN US EVERY THURSDAY AT 10:30AM

 949-380-0155

Suggested contribution
of \$2 per class

 23721 Moulton Pkwy,
Laguna Hills CA

January 2024 Lunch Menu

Daily Lunch Menu

Monday - Friday, 11:30 AM - 12:30 PM 949-380-0155

Chris Hernandez - RDN

Age Well

FLORENCE SYLVESTER
SENIOR CENTER

Please reserve 2 days in advance

MONDAY

CLOSED



TURKEY & EGG CHEF

SALAD
Wheat Roll
Seasonal Fruit
Milk

CLOSED



TURKEY CHILI

Corn Bread
Rainbow Salad
Seasonal Fruit
Milk

MEATBALLS W/
MARINARA

Spaghetti
Garden Salad
Seasonal Fruit
Milk

TUESDAY

CHICKEN KABOB

Tabouli Salad
Pita Bread
Pound Cake
Orange
Milk

CHICKEN MARSALA

Rice
Rainbow Salad
Apple
Orange
Milk

TERRIYAKI CHICKEN

Rice
Asian Salad
Seasonal Fruit
Milk

CHIPOTLE CHICKEN

SANDWICH
Split Pea Soup
Pound Cake
Orange Juice
Milk

TURKEY MEATBALLS RED

CURRY
Rice
Zucchini & Squash
Pineapple Parfait
Milk

WEDNESDAY

CHEESEBURGER

Sesame Bun
Roasted Potato Hash
Seasonal Fruit
Orange
Milk

MEDITERRANIAN COD

Rice
Garden Salad
Chocolate Chip Cookie
Orange
Milk

TUNA SALAD SANDWICH

Roasted Carrot Soup
Apple Sauce
Orange
Milk

MEXICAN BEEF LASAGNA

Mexican Coleslaw
Apple Sauce
Orange Juice
Milk

TUNA & EGG CHEF SALAD

Wheat Roll
Brownie
Orange Juice
Milk

THURSDAY

DEVIL EGG SANDWICH

Split Pea Soup
Chocolate Chip Cookie
Orange Juice
Milk

BBQ CHICKEN SLIDER

Wheat Bun
Cream of Broccoli Soup
Brownie
Orange Juice
Milk

PORK CARNITAS

Tortillas
Roasted Vegetable Salad
Pound Cake
Orange
Milk

LEMON CAPER CHICKEN

Rice
Garden Salad
Chocolate Chip Cookie
Orange
Milk

SUGGESTED CONTRIBUTION - 60 YRS OR OLDER: \$5.50

COST - 59 YEARS OR YOUNGER: \$7.50

Reservations are required & must be made by 12pm 2 business days in prior to reservation date.

You can RSVP in person or by call 949-380-0155.

No special requests or menu substitutions. Menu subject to change without notice. Our menus per meal average 500 - 700 calories

FRIDAY

CHICKEN CACCIATORE

W/ BLACK OLIVES
Wheat Roll
Garden Salad
Pineapple Parfait
Milk

MEATBALL STROGANOFF

Pasta
Sauté Carrots & Peas
Seasonal Fruit
Milk

ORANGE CHICKEN

Rice
Broccoli Medley
Oatmeal Raisin Cookie
Orange Juice
Milk

TUSCAN SALMON

Penne Pasta
Sauté Carrots & Peas
Seasonal Fruit
Milk

Meal contains sodium over 1000mg

All meals comply with the Dietary Guidelines for Americans (DGA) 2020-2025 & Dietary Reference Intakes (DRI) for older adults as determined by the California Dept. of Human Services Agency & the U.S. Dept. of Agriculture. Age Well may substitute a menu with equal nutritional value due to food price or food availability. This project is funded in part through a grant from the California Department of Aging, as allocated by the Orange County Board of Supervisors & administered by the Office on Aging.



Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>Closed in Observance of New Year's Day</p>	<p>2</p> <p>11:30 Lunch 12 Knit and Crochet 12:30 Poker 1:30 Bingo</p>	<p>3</p> <p>10 Create & Color-RR 11:30 Lunch</p>	<p>4</p> <p>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</p>	<p>5</p> <p>9:30 Individual Apple Help-RR 10 TOPS Meeting 11:30 Lunch 12:30 Cribbage 12:45 Movie Day</p>
<p>8</p> <p>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 2:30 Tai Chi</p>	<p>9</p> <p>11:30 Lunch 12 Knit and Crochet 12:30 Poker 1:30 Bingo</p>	<p>10</p> <p>11:30 Lunch 1 Sunshine Lutey's "Surviving & Finding Joy" book event/signing - RR</p>	<p>11</p> <p>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</p>	<p>12</p> <p>9:30 Individual Apple Help-RR 10 TOPS Meeting 11:30 Lunch 12:30 Cribbage 12:45 Movie Day</p>
<p>15</p> <p>Closed in Observance of Martin Luther King Jr. Day</p>	<p>16</p> <p>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</p>	<p>17</p> <p>9 & 10 Balance & Mobility 10 Zentangle - RR 10 Memory Testing - RR 11:30 Lunch 1 Knitting Emeritus</p>	<p>18</p> <p>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</p>	<p>19</p> <p>9 & 10 Balance & Mobility 9:30 Individual Apple Help - RR 10 TOPS Meeting 11:30 Lunch 12:30 Cribbage 12:45 Movie Day</p>

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

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