

Age Well | FLORENCE SYLVESTER SENIOR CENTER

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

March

RR = Reservation Required

2024

Monday	Tuesday	Wednesday	Thursday	Friday
February 26	February 27	February 28	February 29	1
9 & 10 Balance & Mobility 9 HICAP - RR 9:30 Tremble Clef Practice 10:00 DMV Test Prep - RR 11:30 Lunch - RR 1 Ukulele Class 2:30 Tai Chi	10 & 12:15 Current Issues 10 Guided Autobiography Workshop - RR 11:30 Lunch - RR 12 Knit and Crochet 12:30 Poker 1:30 Bingo	9 & 10 Balance & Mobility 11:30 Lunch - RR 12:30 Art4Healing - RR 1 Knitting Emeritus	9:30 DMV Test Prep - RR 10 Yoga for PD 10:30 Chair Yoga - \$2 11:30 Lunch - RR 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- RR 12:30 Cribbage 12:45 Movie Day 3 FSSC Wine Club - \$, RR
4	5	6	7	8
9 & 10 Balance & Mobility 9:30 Tremble Clef Practice & Performance 10 Legal Aid - RR 10:00 DMV Test Prep - RR 11:30 Lunch - RR 2:30 Tai Chi	10 & 12:15 Current Issues 10 Guided Autobiography Workshop - RR 11:30 Lunch - RR 12 Knit and Crochet 12:30 Poker 1:30 Bingo	9 & 10 Balance & Mobility 10 Create & Color- RR 11:30 Lunch - RR 1 Knitting Emeritus	9:30 DMV Test Prep - RR 10 Yoga for PD 10:30 Chair Yoga - \$2 11:30 Lunch - RR 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 10 Tech Drop-in Assistance 11:30 Lunch - RR 12:30 Cribbage 12:45 Movie Day
11	12	13	14	15
9 & 10 Balance & Mobility 9 HICAP - RR 9:30 Tremble Clef Practice 10:00 DMV Test Prep - RR 11:30 Lunch - Sunshine Performance Club - RR 1 Ukulele Class 2:30 Tai Chi	10 & 12:15 Current Issues 10 Guided Autobiography Workshop - RR 11:30 Lunch - RR 12 Knit and Crochet 12:30 Poker 1:30 Bingo	9 & 10 Balance & Mobility 10 Memory Testing - RR 10 Medication Review - RR 11:30 Lunch - RR 12:30 Caregiver Support Group - RR 1 Knitting Emeritus	9:30 DMV Test Prep - RR 10 Yoga for PD 10:30 Chair Yoga - \$2 11:30 Lunch - RR 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 - RR - Shamrock Soiree 12:30 Cribbage 12:45 Movie Day

18	19	20	21	22
9 HICAP - RR 9:30 Tremble Clef Practice 10:00 DMV Test Prep - RR 11:30 Lunch - RR 1 Ukulele Class 2:30 Tai Chi	10 Guided Autobiography Workshop - RR 11:30 Lunch - RR 12 Knit and Crochet 12:30 Poker 1:30 Bingo	10 Zentangle - RR 10 Paint & Sip - RR 11:30 Lunch - RR	8:30 Pantry Staples 9:30 DMV Test Prep - RR 10 Yoga for PD 10:30 Chair Yoga - \$2 11:30 Lunch - RR 12:30 Poker 12:45 Spring Dance Workshop for PD 2 & 3 Individual Apple Help - RR	9:30 Individual Apple Help - RR 10 TOPS Meeting 11:30 Lunch - RR 12:30 Cribbage 12:45 Movie Day
25	26	27	28	29
9 & 10 Balance & Mobility 9 HICAP - RR 9:30 Tremble Clef Practice 10:00 DMV Test Prep - RR 11:30 Lunch - RR 1 Ukulele Class 2:30 Tai Chi	10 & 12:15 Current Issues 11:30 Lunch- Tony Rogers Performance - RR 12 Knit and Crochet 12:30 Poker 1:30 Bingo 1 Brain Awareness Talk 2 Aural Rehabilitation Class	9 & 10 Balance & Mobility 11:30 Lunch - RR - Harmonaires Performance 12:30 Art4Healing - RR 1 Knitting Emeritus	9:30 DMV Test Prep - RR 10 Yoga for PD 10:30 Chair Yoga - \$2 11:30 Lunch - RR- Street Performers 12:30 Poker 12:45 Spring Dance Workshop for PD 2 & 3 Individual Apple Help - RR	9:30 Individual Apple Help - RR 10 TOPS Meeting 11:30 Lunch - RR - Birthday Celebration 12:30 Cribbage 12:45 Movie Day

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

LWV 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 LWV transportation department main line or our reception at (949) 380-0155