## Age Well | FLORENCE SYLVESTER SENIOR CENTER

March

2024

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

RR = Reservation Required

Monday	Tuesday	Wednesday	Thursday	Friday
February 26	February 27	February 28	February 29	1
<b>9 &amp; 10</b> Balance & Mobility	<b>10 &amp; 12:15</b> Current Issues	<b>9 &amp; 10</b> Balance &	9:30 DMV Test Prep - RR	9 & 10 Balance & Mobility
9 HICAP - RR	<b>10</b> Guided	Mobility	<b>10</b> Yoga for PD	9:30 Individual Apple
9:30 Tremble Clef	Autobiography	<b>11:30</b> Lunch - RR	<b>10:30</b> Chair Yoga - \$2	Help-RR
Practice	Workshop - RR	<b>12:30</b> Art4Healing - RR	<b>11:30</b> Lunch - RR	10 TOPS Meeting
<b>10:00</b> DMV Test Prep - RR	<b>11:30</b> Lunch - RR	<b>1</b> Knitting Emeritus	<b>12:30</b> Poker	<b>11:30</b> Lunch- RR
<b>11:30</b> Lunch - RR	12 Knit and Crochet		<b>12:45</b> Spring Dance Workshop	<b>12:30</b> Cribbage
<b>1</b> Ukulele Class	<b>12:30</b> Poker		for PD	<b>12:45</b> Movie Day
<b>2:30</b> Tai Chi	<b>1:30</b> Bingo		<b>2&amp;3</b> Individual Apple Help-RR	<b>3</b> FSSC Wine Club - \$, RR
4	5	6	7	8
9 & 10 Balance & Mobility	<b>10 &amp; 12:15</b> Current Issues	9 & 10 Balance &	9:30 DMV Test Prep - RR	9 & 10 Balance & Mobility
9:30 Tremble Clef	10 Guided	Mobility	<b>10</b> Yoga for PD	9:30 Individual Apple
Practice & Performance	Autobiography Workshop - RR	10 Create & Color-RR	<b>10:30</b> Chair Yoga - \$2	Help-RR
10 Legal Aid - RR	11:30 Lunch - RR	<b>11:30</b> Lunch - RR	<b>11:30</b> Lunch - RR	10 TOPS Meeting
<b>10:00</b> DMV Test Prep - RR	12 Knit and Crochet	<b>1</b> Knitting Emeritus	<b>12:30</b> Poker	10 Tech Drop-in Assistance
<b>11:30</b> Lunch - RR			<b>12:45</b> Spring Dance Workshop	<b>11:30</b> Lunch - RR
<b>2:30</b> Tai Chi	<b>12:30</b> Poker		for PD	<b>12:30</b> Cribbage
	<b>1:30</b> Bingo		<b>283</b> Individual Apple Help - RR	<b>12:45</b> Movie Day
11	12	13	14	15
<b>9 &amp; 10</b> Balance & Mobility	<b>10 &amp; 12:15</b> Current Issues	<b>9 &amp; 10</b> Balance &	9:30 DMV Test Prep - RR	9 & 10 Balance & Mobility
9 HICAP - RR	<b>10</b> Guided	Mobility	<b>10</b> Yoga for PD	<b>9:30</b> Individual Apple Help
9:30 Tremble Clef	Autobiography	<b>10</b> Memory Testing – RR	<b>10:30</b> Chair Yoga - \$2	- RR
Practice	Workshop - RR		<b>11:30</b> Lunch - RR	10 TOPS Meeting
<b>10:00</b> DMV Test Prep - RR	<b>11:30</b> Lunch - RR	<b>10</b> Medication Review - RR	<b>12:30</b> Poker	11:30 Lunch - RR -
11:30 Lunch - Sunshine	12 Knit and Crochet	<b>11:30</b> Lunch - RR	<b>12:45</b> Spring Dance Workshop	Shamrock Soiree
Performance Club - RR	<b>12:30</b> Poker		for PD	12:30 Cribbage
<b>1</b> Ukulele Class	<b>1:30</b> Bingo	<b>12:30</b> Caregiver Support Group - RR	283 Individual Apple Help -	<b>12:45</b> Movie Day
<b>2:30</b> Tai Chi		1 Knitting Emeritus	RR	

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