Age Well | FLORENCE SYLVESTER SENIOR CENTER

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

April

RR = Reservation Required

2024

23721 Moulton Pkwy, Lag	guna Hills CA • 949-380-0	155 8:30AM-4PM	RR = Reservation Required	
Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
 9 & 10 Balance & Mobility 9:30 Tremble Clef Practice 10 Legal Aid - RR 10:00 DMUTest Davas - DD 	10 & 12:15 Current Issues 11:30 Lunch - RR 12 Knit and Crochet	 9 & 10 Balance & Mobility 10 Create & Color- RR 11:30 Lunch - RR 12:30 Caregiver Support 	 9:30 DMV Test Prep - RR 10 Yoga for PD 10:30 Chair Yoga - \$2 11:30 Lunch - RR 	 9 & 10 Balance & Mobility 9:30 Individual Apple Help-RR 10 TOPS Meeting 11:20 Longeb, DD
10:00 DMV Test Prep - RR 11:30 Lunch - RR 1 Ukulele Class 2:30 Tai Chi	12:30 Poker 1:30 Bingo	Group - RR 1 Knitting Emeritus	 12:30 Poker 12:45 Spring Dance Workshop for PD 2 & 3 Individual Apple Help-RR 	 11:30 Lunch- RR 12:30 Cribbage 12:45 Movie Day
8	9	10	11	12
 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 Advanced Planning Seminar - RR 11:30 Lunch - RR 12 Knit and Crochet 12:30 Poker 1:30 Bingo 	 9 & 10 Balance & Mobility 10 "Small but Powerful Thyroid Gland" Discussion with Bill Liu - 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 10 Tech Drop-in Assistance 11:30 Lunch - RR 12:30 Cribbage 12:45 Movie Day
15	16	17	18	19
 9 & 10 Balance & Mobility 9 HICAP - RR 9:30 Tremble Clef Practice & Performance 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 	 9 & 10 Balance & Mobility 10 Zentangle - RR 11:30 Lunch - RR 12:30 Caregiver Support Group - RR 1 Knitting Emeritus 	 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 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

22	23	24	25	26
9 & 10 Balance & Mobility	9 Emeritus Enrollment	9 Emeritus Enrollment	9:30 DMV Test Prep - RR	9810 Balance & Mobility
9 HICAP - RR	Assistance – RR	Assistance – RR	10 Yoga for PD	9:30 Individual Apple Help
9:30 Tremble Clef	10 Spring Wreath	9 & 10 Balance & Mobility	10:30 Chair Yoga - \$2	- RR
Practice	Making - RR	11:30 Lunch -	11:30 Lunch – Street	10 TOPS Meeting
10:00 DMV Test Prep – RR	10 & 12:15 Current	Harmonaires Performance	Performers - RR	11:30 Lunch – RR - Birthday
11:30 Lunch - RR	Issues		12:30 Poker	Celebration
1 Ukulele Class	11:30 Lunch – RR	RR	2 & 3 Individual Apple Help -	12:30 Cribbage
2:30 Tai Chi	12 Knit and Crochet	12:30 Caregiver Support Group - RR	RR	12:45 Movie Day
	12:30 Poker	12:30 Art4Healing - RR		
	1:30 Bingo	1 Knitting Emeritus		
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29	30	1	2	3
9810 Balance & Mobility	10 & 12:15 Current	9810 Balance & Mobility	9:30 DMV Test Prep - RR	9:30 Individual Apple Help
9:30 Tremble Clef	Issues	11:30 Lunch – RR	10 Yoga for PD	- RR
Practice	11:30 Lunch – RR	12:30 Caregiver Support	10:30 Chair Yoga – \$2	10 TOPS Meeting
10:00 DMV Test Prep - RR	12 Knit and Crochet	Group - RR	11:30 Lunch - RR	11:30 Lunch - RR
11:30 Lunch - RR	12:30 Poker	1 Knitting Emeritus	12:30 Poker	12:30 Cribbage
1 Ukulele Class	1:30 Bingo		2 & 3 Individual Apple Help -	12:45 Movie Day
2:30 Tai Chi	$m{2}$ Aural Rehabilitation		RR	3 FSSC Wine Club - \$, RR
	Class			

SNEAK PEAK

Join us and our friends at Optum and Yasmin Roberts of PGIA insurance for a beautiful Mother's Day Tea.

Entertainment, tea, finger sandwiches and various baked goods will be served on white tablecloths by the girls of NCL. Prize for the most fabulous/elegant hat – wear one fit for a queen.

Limited tickets – pre-purchase at the center's front desk for \$15.