

Age Well | FLORENCE SYLVESTER SENIOR CENTER

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

April

2024

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 DMV Test Prep - RR 11:30 Lunch - RR 1 Ukulele Class 2:30 Tai Chi	10 & 12:15 Current Issues 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 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 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 HICAP - RR 9:30 Tremble Clef Practice 10:00 DMV Test Prep - RR 11:30 Lunch - RR 1 Ukulele Class 2:30 Tai Chi	9 Emeritus Enrollment Assistance - RR 10 Spring Wreath Making - RR 10 & 12:15 Current Issues 11:30 Lunch - RR 12 Knit and Crochet 12:30 Poker 1:30 Bingo	9 Emeritus Enrollment Assistance - RR 9 & 10 Balance & Mobility 11:30 Lunch - Harmonaires Performance RR 12:30 Caregiver Support Group - 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 - Street Performers - 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 - Birthday Celebration 12:30 Cribbage 12:45 Movie Day
29	30	1	2	3
9 & 10 Balance & Mobility 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 - RR 12 Knit and Crochet 12:30 Poker 1:30 Bingo 2 Aural Rehabilitation Class	9 & 10 Balance & Mobility 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 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 3 FSSC Wine Club - \$, RR

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.