

Age Well

FLORENCE SYLVESTER SENIOR CENTER

23721 Moulton Pkwy | Laguna Hills, CA

949.380.0155

www.MyAgeWell.org

April 2024 Highlights

- ♦ Advanced Planning Workshop
- ♦ Wreath Design Class
- ♦ "The Small But Powerful Thyroid" Seminar
- ♦ DMV Test Prep
- ♦ Bingo
- ♦ Apple Device Assistance
- ♦ TOPS Meetings
- ♦ Zentangle Art Class
- ♦ Chair Yoga
- ♦ Tony Rogers Lunch Performance
- ♦ Create & Color Art Class



Happy April to all of you! As we welcome the rejuvenating energy of spring, our Senior Center is buzzing with a series of exciting events designed to cater to your interests and needs. This month, we invite you to tap into your creative side with our **Wreath Making Workshop**. It's a perfect opportunity to craft something beautiful and embrace the spirit of the season, suitable for both experienced crafters and beginners.

In addition to crafting, we understand the importance of planning for the future. That's why we're hosting an **Advanced Planning Informational Workshop**. This workshop is a valuable resource for anyone looking to get insights into important documents everyone should have current like healthcare directives. It's an empowering session aimed at helping you make informed decisions about your future.

Health and wellness remain a priority, and in that spirit, we're conducting a **Thyroid Seminar**. This seminar will provide vital information about thyroid health, including its functions, common issues, and maintenance strategies.

Lastly, we're excited to remind you of our special **Mother's Day Tea** on May 10th. It promises to be a delightful event where we can honor the remarkable women in our lives. Be sure to purchase your tickets soon, as we're expecting a full house for this heartwarming celebration.

We're looking forward to seeing you at these events, and hope you'll join us in making the most of this beautiful month.
Aimée Roberts, Director

- **Wreath Making Workshop**

Join us and our friends at Optum and MyMedicarePlan for a creative wreath design workshop. This hands-on session is perfect for both beginner and experienced crafters. We'll guide you through the process of creating a stunning, custom wreath that reflects your personal style.

When: April 23, 10am, Reservation Required

- **Bingo**

Come join us for good company and a bit of friendly competition. Coffee bar provided. Players are welcome to bring their own nibbles.

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

- **Caregiver Support Group**

Recognizing the selfless dedication of caregivers, we are introducing a support group as a space for sharing experiences, tips, and gaining emotional support.

When: Wednesdays, 12:30pm, Weekly, Reservation Required

- **Advanced Planning Informational Workshop**

Learn about the documents and conversations you should have in order to make certain your loved ones do not have the burden of making difficult choices on your behalf. Many avoid end-of-life planning due to denial, fear, shame, cultural stigmatization of death and many other reasons. With planning, you can be assured that your life is on your terms.

When: Tuesday, 4/9, 10am, Reservation Recommended

- **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 Monday of the month, 10am-2pm, Reservations Required

- **Tai-Chi & Qigong Class**

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.

WREATH DESIGN WORKSHOP

APRIL 23
10AM

Join us for a creative wreath design workshop. This hands on session is perfect for both beginner and experienced crafters. We'll guide you through the process of creating a stunning, custom wreath that reflects your personal style.

Limited spots - call
949-380-0155 and reserve
your seat.

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Laguna Hills
www.myagewell.org

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LTC Family Educator
Mayra Amaya

Age Well

FLORENCE SYLVESTER
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LET'S TALK THYROID

THE SMALL BUT POWERFUL THYROID GLAND

APRIL 10, 10AM
23721 MOULTON PKWY

The thyroid is a small but powerful butterfly-shaped gland located at the front of your neck. It produces hormones that control many of your body's important functions. Join us as County of Orange's Bill Liu, PharmD & BCGP, discusses these functions as well as some common thyroid disorders when the thyroid gland malfunctions. Please call and reserve your seat at (949) 380-0155

 www.myagewell.org  (949) 380-0155

Caregiver Support Group

Are you caring for a loved one and feeling overwhelmed? You're not alone. Our caregiver support group is here to offer you a safe space to share your experiences, challenges and victories.

Why Attend?

- **Share and Learn** - Exchange tips and strategies with others who truly understand your journey
- **Emotional Support** - Find comfort and understanding in a group that empathizes with your daily struggles and joys
- **Expert Guidance** - Led by Regina Jennings, LCSWR
- **Recharge** - Take a moment for yourself in a supportive environment that acknowledges your hard work and dedication

WHEN: Wednesdays, 12:30pm

WHERE: Florence Sylvester Senior Center

Limited Seats - Reservation Required ● Refreshments Provided

Age Well | FLORENCE SYLVESTER
SENIOR CENTER

MOVIE DAYS

Fridays at 12:45pm

1/26 LIFE ON OUR PLANET
2/2 BIG GEORGE FOREMAN
2/9 MY BIG FAT GREEK WEDDING 2
2/16 HORIZON
2/23 LIKE FATHER
3/1 I SEE YOU IN MY DREAMS
3/8 THE LAST LAUGH
3/15 QUARTET
3/22 MAESTRO
3/29 THE PAIN HUSTLERS
4/5 THE FOUR SEASONS
4/12 THE KING'S SPEECH
4/19 SAVING MR. BANKS
4/26 THE HUNDRED FOOT JOURNEY



23721 MOULTON PKWY., LAGUNA HILLS

949-380-0155

BRIDGE OF PEACE

Advanced Planning Informational Workshop (NO Solicitation)

Learn about the documents and conversations you should have in order to make certain your loved ones do not have the burden of making difficult choices on your behalf. Many avoid end-of-life planning due to denial, fear, shame, cultural stigmatization of death and many other reasons. With planning, you can be assured that your life is on your terms.


Examples of Documents and Conversations:



Advance Healthcare Directive, Vigil Plan, End-of-Life options, Funeral/Memorial Planning



Advocacy, respect for culture/beliefs, life review, grief support

 949-380-0155

 23721 Moulton Pkwy, Laguna Hills

 agewellseniorservices.org



TOPICS TO CONSIDER



Legal



Financial



Healthcare



Technology



Final Agreements



Age Well

FLORENCE SYLVESTER
SENIOR CENTER

LET'S PLAY BINGO!

EVERY TUESDAY!

JOIN US EVERY TUESDAY
1:00PM PAPERS GO ON SALE
1:30PM GAMES BEGIN!

GAMES AND GOOD COMPANY! JOIN US
EVERY TUESDAY FOR BINGO! COFFEE
BAR PROVIDED AND YOU ARE
WELCOME TO BRING YOUR OWN
TREATS.



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

YOU'RE INVITED TO OUR
Mother's Day
TEA PARTY

Friday, May 10 at 2pm
Florence Sylvester Ballroom

Enjoy an afternoon tea party with piano entertainment, tea, finger sandwiches, and various baked sweets on white tablecloths. Prizes for the most fabulous and creative hats - wear one befitting a queen.

\$15 per ticket, please pre-purchase your ticket at FSSC reception. For more information call 949-380-0155.



Have you been curious about

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Emeritus Enrollment Day

April 23 & 24, 2024 • 9 AM – 4 PM

Assistance signing up for all the fall classes. Free classes, but you must be enrolled to attend classes. Florence Sylvester Senior Center hosts with our partners at Saddleback College. Call and reserve your time slot with an Emeritus counselor!



949-855-8033



23721 Moulton Pkwy, Laguna Hills



myagewell.org

Call to RSVP today!



Optum – Laguna Moulton grand opening

Primary care and physical therapy in Laguna Woods



Optum – Laguna Moulton Primary Care officially opened its doors on August 16, 2023. We're excited to provide primary care and on-site physical therapy to the Laguna Woods community.

At the grand opening on August 9, patients met the clinic care team, including Dr. Bland, Dr. Tran and Quan (Kenny) Nguyen, PA-C. They were then escorted to Florence Sylvester Senior Center for a health fair that included blood pressure screenings and stretching activities.



Meet the newest doctor in your neighborhood

Now accepting new patients in Laguna Hills

Our clinic is near you:

23595 Moulton Pkwy., Ste. C, D and E
Laguna Hills, CA 92653

1-855-770-0722, TTY 711

We accept most Medicare and Medicare Advantage plans

The company does not discriminate on the basis of race, color, national origin, sex, age, or disability in health programs and activities. We provide free services to help you communicate with us such as letters in other languages or large print. Or, you can ask for an interpreter. To ask for help, please call 1-800-402-4040, TTY 711. **ATENCION:** Si necesita ayuda para comunicarse, puede llamar al 1-800-402-4040, TTY 711. **Atención:** Si necesita ayuda para comunicarse, puede llamar al 1-800-402-4040, TTY 711. Optum is a registered trademark of Optum, Inc. in the U.S. and other jurisdictions. All other brands or product names are the property of their respective owners. Because we are continuously improving our products and services, Optum reserves the right to change specifications without prior notice. Optum is an equal opportunity employer. © 2023 Optum, Inc. All rights reserved. 23084 03/23



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



Tony Odell Rogers LIVE Performance!

Tuesday, April 16th
11:30am-12:30pm



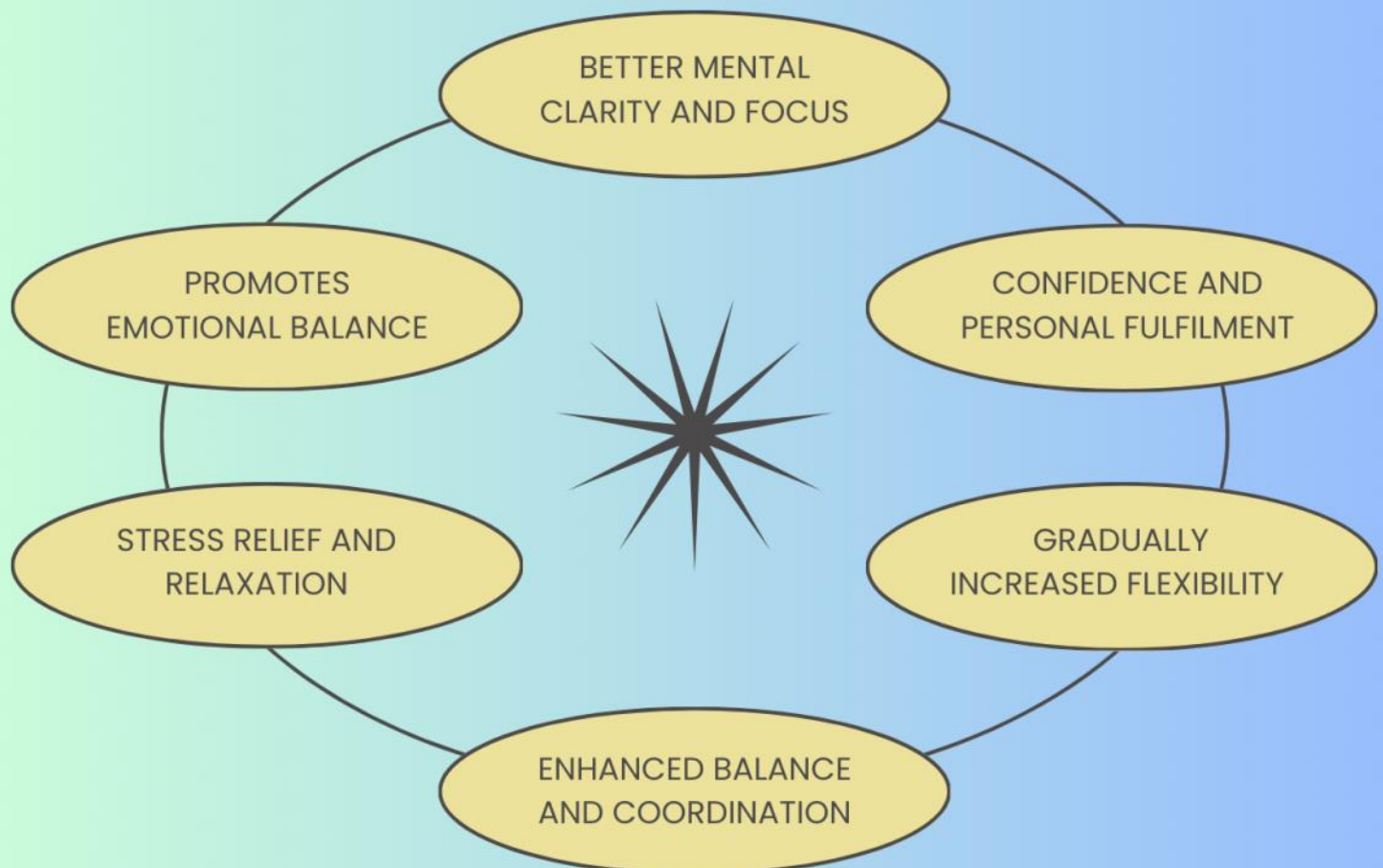
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(949) 380-0155

benefits of chair *yoga*

Thursdays, 10:30am, \$2

no experience necessary



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Mohammed Ali, M.D.
Lake Forest
23672 Birtcher 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

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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

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LET'S GET TOGETHER

Every other Thursday 11AM-12PM from 2/29
2/29, 3/14, 3/28, 4/11, 4/25, 5/09, 5/23

Alignment Health Plan Resource Center

24310 Moulton Pkwy, Suite C-2

Laguna Woods, CA 92637

Bring a friend. Refreshments provided

LET'S MAKE PLANS

Binh Nguyen - Community Outreach Rep

949-744-1952

1-888-979-2247 (TTY: 711)
8 am–8 pm, 7 days a week
alignmenthealthplan.com

*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

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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



CHICKEN POT PIE Ranch Salad Orange Oatmeal Raisin Cookie Milk 1	TURKEY & EGG CHEF SALAD Wheat Roll Seasonal Fruit Milk 2	MEDITERRANEAN COD Garden Salad Rice Chocolate Chip Cookie Orange Milk 3	BBQ CHICKEN SLIDER Cream of Broccoli Soup Orange Juice Wheat Bun Brownie Milk 4	MEATBALL STROGANOFF Sauté Carrots & Peas Pasta Seasonal Fruit Milk 5
MIDDLE EASTERN MINCED BEEF Mediterranean Salad Pita Bread Seasonal Fruit Milk 8	SESAME CHICKEN Broccoli & Carrots Rice Orange Juice Oatmeal Raisin Cookie Milk 9	TUNA SALAD SANDWICH Roasted Carrot Soup Orange Apple Sauce Milk 10	PORK CARNITAS Roasted Vegetable Salad Orange Tortillas (2) Pound Cake Milk 11	TERRIYAKI CHICKEN Asian Salad Rice Seasonal Fruit Milk 12
TURKEY CHILI Rainbow Salad Corn Bread Seasonal Fruit Milk 15	CHIPOTLE CHICKEN SANDWICH Split Pea Soup Pound Cake Orange Juice Milk 16	MEXICAN BEEF LASAGNA Mexican Coleslaw Orange Juice Apple Sauce Milk 17	LEMON CAPER CHICKEN Garden Salad Rice Chocolate Chip Cookie Orange Milk 18	TUSCAN SALMON Sauté Carrots & Peas Penne Pasta Seasonal Fruit Milk 19
MEATBALLS W/ MARINARA Garden Salad Spaghetti Seasonal Fruit Milk 22	TURKEY MEATBALLS RED CURRY Zucchini & Squash Rice Seasonal Fruit Milk 23	TUNA & EGG Chef Salad Orange Juice Wheat Roll Brownie Milk 24	MANGO CHUTNEY CHICKEN SANDWICH Tomato Basil Soup Apple Orange Milk 25	ROSEMARY CHICKEN Rainbow Salad Cous Cous Orange Cake Milk 26
PULLED PORK SLIDER Coleslaw Orange Chocolate Chip Cookie Milk 29	SALMON W/ PANANG CURRY SAUCE Sauté Carrots & Peas Rice Seasonal Fruit Milk 30		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 call us at 949-380-0155. No special requests or menu substitutions. Menu subject to change without notice. Our menus, per meal average \$5.00 - 7.00 calories	

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

RR = Reservation Required

Monday	Tuesday	Wednesday	Thursday	Friday
1 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	2 10 & 12:15 Current Issues 11:30 Lunch - RR 12 Knit and Crochet 12:30 Poker 1:30 Bingo	3 9 & 10 Balance & Mobility 10 Create & Color - RR 11:30 Lunch - RR 12:30 Caregiver Support Group - RR 1 Knitting Emeritus	4 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	5 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 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	9 10 & 12:15 Current Issues 10 Advanced Planning Seminar - RR 11:30 Lunch - RR 12 Knit and Crochet 12:30 Poker 1:30 Bingo	10 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	11 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	12 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 9 & 10 Balance & Mobility 9 HICAP - RR 9:30 Tremble Clef Practice & Performance 11:30 Lunch - RR 1 Ukulele Class 2:30 Tai Chi	16 10 & 12:15 Current Issues 11:30 Lunch - Tony Rogers Performance - RR 12 Knit and Crochet 12:30 Poker 1:30 Bingo	17 9 & 10 Balance & Mobility 10 Zentangle - RR 11:30 Lunch - RR 12:30 Caregiver Support Group - RR 1 Knitting Emeritus	18 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	19 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.