## Age Well | FLORENCE SYLVESTER SENIOR CENTER

RR = Reservation Required

2024

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

		eservation kequirea	KK =	3:3UAM-4PM	Ina Hills CA • 949-380-0155	23/21 Moulton Pkwy, Lagu
	Friday	Thursday		Wednesday	Tuesday	Monday
		2	1		April 30	April 29
ity	9 & 10 Balance & Mobility	DMV Test Prep - RR	9:3	<b>9 &amp; 10</b> Balance &	10 Current Issues	<b>9 &amp; 10</b> Balance & Mobility
Help-RF	9:30 Individual Apple Help	oga for PD	10	Mobility	<b>11:30</b> Lunch - RR	<b>9:30</b> Tremble Clef Practice
	10 TOPS Meeting	<b>0</b> Chair Yoga - \$2	10	10 Create & Color-	12 Knit and Crochet	<b>10:00</b> DMV Test Prep - RR
е	<b>11:30</b> Lunch- RR – Arnie	Lunch - RR	11:	RR	<b>12:30</b> Poker	<b>11:30</b> Lunch - RR
	DiCiccio on piano	<b>O</b> Poker	12:	<b>11:30</b> Lunch - RR	<b>1:30</b> Bingo	<b>1</b> Ukulele Class
	<b>12:30</b> Cribbage	Individual Apple	28	<b>12:30</b> Caregiver Support Group - Rl		<b>2:30</b> Tai Chi
	<b>12:45</b> Movie Day	o-RR	⊢ He	<b>1</b> Knitting Emeritus		
	<b>3</b> FSSC Wine Club - \$, RR		2	1 Killicillig Ellielicus		
1		9	8		7	6
•	9 & 10 Balance & Mobility	DMV Test Prep - RR		9 & 10 Balance & Mobility	9 Irvine Valley College Emeritus Enrollment	9 & 10 Balance & Mobility
Help-RI	9:30 Individual Apple Help	oga for PD		<b>11:30</b> Lunch - RR	Assistance - RR	9:30 Tremble Clef Practice
	10 TOPS Meeting	<b>0</b> Chair Yoga - \$2		<b>12:30</b> Caregiver	10 Current Issues	<b>10</b> Legal Aid - RR
	10 Tech Drop-in Assistance	Lunch - RR	₹	Support Group - Rl	<b>10</b> Guided Autobiography	<b>10:00</b> DMV Test Prep - RR
.e	11:30 Lunch - RR - Arnie	<b>O</b> Poker	12	1 Knitting Emeritus	workshop 1/7	10:30 Mindfulness
	DiCiccio on piano	Individual Apple	28		<b>11:30</b> Lunch - RR	Workshop - RR
	<b>12:30</b> Cribbage	) - RR	He		12 Knit and Crochet	<b>11:30</b> Lunch - Sunshine Performance Club - RR
ъ ф	<b>12:45</b> Movie Day				<b>12:30</b> Poker	<b>1</b> Ukulele Class
IR - \$	2 Mother's Day Tea - RR - S				<b>1:30</b> Bingo	<b>2:30</b> Tai Chi
1		16	5	1	14	13
	9 & 10 Balance & Mobility	Pantry Staples	8:3	<b>9 &amp; 10</b> Balance &	10 Current Issues	<b>9 &amp; 10</b> Balance & Mobility
Help - Rl	9:30 Individual Apple Help	DMV Test Prep - RR	9:3	Mobility	<b>10</b> Guided Autobiography	<b>9</b> HICAP – RR
	10 TOPS Meeting	oga for PD	10	<b>10</b> Zentangle – RR	workshop 2/7	<b>9:30</b> Tremble Clef Practice
ie	<b>11:30</b> Lunch - RR - Arnie	<b>0</b> Chair Yoga - \$2	10	11 Android Device	<b>11:30</b> Lunch - RR	<b>11:30</b> Lunch - RR
	DiCiccio on piano	Lunch - RR	11:	Assistance - RR	12 Knit and Crochet	<b>1</b> Ukulele Class
	12:30 Cribbage	<b>O</b> Poker	12:		<b>12:30</b> Poker	<b>2:30</b> Tai Chi
	<b>12:45</b> Movie Day	ınd Bath - RR	4.0		<b>1:30</b> Bingo	
		) - RR	•	<b>1</b> Knitting Emeritus		
		ınd Bath - RR Individual Apple	1 S	11:30 Lunch - RR 12:30 Caregiver Support Group - RR 1 Knitting Emeritus		

20	21	22	23	24
9 & 10 Balance & Mobility 9 HICAP - RR 9:30 Tremble Clef Practice & Performance 10:00 DMV Test Prep - RR 11:30 Lunch - RR 1 Ukulele Class 2:30 Tai Chi	10 Current Issues 10 Guided Autobiography workshop 3/7 11:30 Lunch - Tony Rogers Performance - RR 12 Knit and Crochet 12:30 Poker 1:30 Bingo 2 Aural Rehabilitation Class	10 Individual Medication Review with PharmD. Bill Liu - RR 11 Android Device Assistance - RR 11:30 Lunch - Harmonaires Performance 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 - Street Performers - RR 12:30 Poker 2 & 3 Individual Apple Help - RR	9:30 Individual Apple Help - RR 10 TOPS Meeting 11:30 Lunch - RR - Arnie DiCiccio on piano 12:30 Cribbage 12:45 Movie Day
27	28	29	30	31
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 4/7 11:30 Lunch - RR 12 Knit and Crochet 12:30 Poker 1:30 Bingo	10 Technology 101 Workshop - RR 11:30 Lunch - RR 12:30 Caregiver Support Group - RR 12:30 Art4Healing - RR	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 - Birthday Celebration - Arnie DiCiccio on piano 12:30 Cribbage 12:45 Movie Day

## SNEAK PEAK

The Florence Sylvester Senior Center and Village Real Estate are excited to announce that the **Summer Bingo Bash** is right around the corner – July 27<sup>th</sup>! Tickets are limited. Stop by reception and get yours today. Tickets are \$45 and include 12 games, catered dinner and 2 drink tickets. All games will **pay out \$100**. Stay tuned for more details!