

# Age Well | FLORENCE SYLVESTER SENIOR CENTER

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

# May

RR = Reservation Required

# 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<b>April 29</b>	<b>April 30</b>	<b>1</b>	<b>2</b>	<b>3</b>
<b>9 &amp; 10</b> Balance & Mobility <b>9:30</b> Tremble Clef Practice <b>10:00</b> DMV Test Prep - RR <b>11:30</b> Lunch - RR <b>1</b> Ukulele Class <b>2:30</b> Tai Chi	<b>10</b> Current Issues <b>11:30</b> Lunch - RR <b>12</b> Knit and Crochet <b>12:30</b> Poker <b>1:30</b> Bingo	<b>9 &amp; 10</b> Balance & Mobility <b>10</b> Create & Color-RR <b>11:30</b> Lunch - RR <b>12:30</b> Caregiver Support Group - RR <b>1</b> Knitting Emeritus	<b>9:30</b> DMV Test Prep - RR <b>10</b> Yoga for PD <b>10:30</b> Chair Yoga - \$2 <b>11:30</b> Lunch - RR <b>12:30</b> Poker <b>2 &amp; 3</b> Individual Apple Help-RR	<b>9 &amp; 10</b> Balance & Mobility <b>9:30</b> Individual Apple Help-RR <b>10</b> TOPS Meeting <b>11:30</b> Lunch- RR - Arnie DiCiccio on piano <b>12:30</b> Cribbage <b>12:45</b> Movie Day <b>3</b> FSSC Wine Club - \$, RR
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
<b>9 &amp; 10</b> Balance & Mobility <b>9:30</b> Tremble Clef Practice <b>10</b> Legal Aid - RR <b>10:00</b> DMV Test Prep - RR <b>10:30</b> Mindfulness Workshop - RR <b>11:30</b> Lunch - Sunshine Performance Club - RR <b>1</b> Ukulele Class <b>2:30</b> Tai Chi	<b>9</b> Irvine Valley College Emeritus Enrollment Assistance - RR <b>10</b> Current Issues <b>10</b> Guided Autobiography workshop 1/7 <b>11:30</b> Lunch - RR <b>12</b> Knit and Crochet <b>12:30</b> Poker <b>1:30</b> Bingo	<b>9 &amp; 10</b> Balance & Mobility <b>11:30</b> Lunch - RR <b>12:30</b> Caregiver Support Group - RR <b>1</b> Knitting Emeritus	<b>9:30</b> DMV Test Prep - RR <b>10</b> Yoga for PD <b>10:30</b> Chair Yoga - \$2 <b>11:30</b> Lunch - RR <b>12:30</b> Poker <b>2 &amp; 3</b> Individual Apple Help - RR	<b>9 &amp; 10</b> Balance & Mobility <b>9:30</b> Individual Apple Help-RR <b>10</b> TOPS Meeting <b>10</b> Tech Drop-in Assistance <b>11:30</b> Lunch - RR - Arnie DiCiccio on piano <b>12:30</b> Cribbage <b>12:45</b> Movie Day <b>2</b> Mother's Day Tea - RR - \$
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
<b>9 &amp; 10</b> Balance & Mobility <b>9</b> HICAP - RR <b>9:30</b> Tremble Clef Practice <b>11:30</b> Lunch - RR <b>1</b> Ukulele Class <b>2:30</b> Tai Chi	<b>10</b> Current Issues <b>10</b> Guided Autobiography workshop 2/7 <b>11:30</b> Lunch - RR <b>12</b> Knit and Crochet <b>12:30</b> Poker <b>1:30</b> Bingo	<b>9 &amp; 10</b> Balance & Mobility <b>10</b> Zentangle - RR <b>11</b> Android Device Assistance - RR <b>11:30</b> Lunch - RR <b>12:30</b> Caregiver Support Group - RR <b>1</b> Knitting Emeritus	<b>8:30</b> Pantry Staples <b>9:30</b> DMV Test Prep - RR <b>10</b> Yoga for PD <b>10:30</b> Chair Yoga - \$2 <b>11:30</b> Lunch - RR <b>12:30</b> Poker <b>1</b> Sound Bath - RR <b>2 &amp; 3</b> Individual Apple Help - RR	<b>9 &amp; 10</b> Balance & Mobility <b>9:30</b> Individual Apple Help - RR <b>10</b> TOPS Meeting <b>11:30</b> Lunch - RR - Arnie DiCiccio on piano <b>12:30</b> Cribbage <b>12:45</b> Movie Day

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