Age Well | FLORENCE SYLVESTER | SENIOR CENTER

June

2024

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

RR = Reservation Required

3	4	5	6	
9 Tai Chi (Sun Style)	9 Balance & Movement	9 Tai Chi (Sun Style)	9 Balance & Movement	9 Tai Chi (Sun Style)
9:30 Tremble Clef Practice	10 Intro to OM Chanting	9 Wire Wrapping Class	9:30 DMV Test Prep - RR	9:30 Apple Help-RR
10:00 DMV Test Prep - RR	- RR	10 Create & Color-RR	10 Yoga for PD	10 TOPS Meeting
10 Legal Aid - RR	10 Guided	10 Android Assist - RR	10:30 Chair Yoga - \$2	11:30 Lunch- RR - Arnie
10:30 Neurobics Seminar-	Autobiography workshop 5/7	11:30 Lunch - RR	11:30 Lunch - RR	DiCioccio on piano
RR	11:30 Lunch - RR	12:30 Caregiver	12:30 Poker	12:30 Cribbage
11:30 Lunch - RR	12:30 Poker	Support Group	1 Succulent Arranging	12:45 Movie Day
1 Ukulele Class		1 Chair Pilates by	Workshop - RR	3 FSSC Wine Club - \$, RR
2:30 Tai Chi	1:30 Bingo	Mighty - RR	2&3 Individual Apple Help-RR	
10	11	12	13	1
9 Tai Chi (Sun Style)	9 Balance & Movement	9 Tai Chi (Sun Style)	9 Balance & Movement	9 Tai Chi (Sun Style)
9 HICAP - RR	9 Emeritus Enrollment	9 Wire Wrapping Class	9:30 DMV Test Prep - RR	9:30 Apple Help-RR
9:30 Tremble Clef Practice	Assistance - RR	9 Emeritus Enrollment	10 Yoga for PD	10 TOPS Meeting
10:00 DMV Test Prep - RR	10 Guided	Assistance - RR	10:30 Chair Yoga - \$2	10 Tech Drop-in Assistance
11:30 Lunch - Sunshine	Autobiography workshop 6/7	10 Android Assist - RR	11:30 Lunch - RR	11:30 Lunch - RR - Arnie
Performance Club - RR	11:30 Lunch - RR	11:30 Lunch - RR	12:30 Poker	DiCioccio on piano
1 Ukulele Class		12:30 Caregiver	283 Individual Apple Help	12:30 Cribbage
2:30 Tai Chi	12:30 Poker	Support Group	- RR	12:45 Movie Day
	1:30 Bingo			
17	18	19	20	2
9 Tai Chi (Sun Style)	9 Balance & Movement	9 Tai Chi (Sun Style)	8:30 Pantry Staples	9 Tai Chi (Sun Style)
9 HICAP - RR	10 Guided Autobiography	9 Wire Wrapping Class	9 Balance & Movement	9:30 Individual Apple Help - RR
9:30 Tremble Clef Practice & Performance	workshop 7/7	10 Zentangle – RR	9:30 DMV Test Prep - RR	10 TOPS Meeting
10:00 DMV Test Prep - RR	11:30 Lunch - RR -Tony	10 Financial Consults - RR	10 Yoga for PD	11:30 Lunch - RR - Arnie
11:30 Lunch - RR	Rogers Performance	10 Android Assist - RR	10:30 Chair Yoga - \$2	DiCioccio on piano
	12:30 Poker		11:30 Lunch - RR	12:30 Cribbage
1 Ukulele Class	1:30 Bingo	11:30 Lunch - RR	12:30 Poker	12:45 Movie Day
2:30 Tai Chi	2 Aural Rehabilitation C	12:30 Caregiver Support Group	283 Individual Apple Help	12.10 110 vio Day
		- capport of out	- RR	

24	25	26	27	28
9 Tai Chi (Sun Style) -	9 Balance & Movement-	9 Tai Chi (Sun Style) -	9 Balance & Movement-	9 Tai Chi (Sun Style) –
Emeritus Institute	Emeritus Institute	Emeritus Institute	Emeritus Institute	Emeritus Institute
9 HICAP - RR	11:30 Lunch - RR	9 Wire Wrapping Class	9:30 DMV Test Prep - RR	10 TOPS Meeting
10:00 DMV Test Prep - RR	12 Knit and Crochet	- IVC Emeritus Institute	10 Yoga for PD	11:30 Lunch - RR - Birthday
11:30 Lunch - RR	12:30 Poker	10 Android Assist - RR	10:30 Chair Yoga - \$2	Celebration - Arnie
1 Ukulele Class	1:30 Bingo	11:30 Lunch -	11:30 Lunch - Street	DiCioccio on piano
2:30 Tai Chi		Harmonaires Performance	Performers - RR	12:30 Cribbage
		RR	12:30 Poker	12:45 Movie Day
			283 Individual Apple Help	
		12:30 Caregiver	- RR	
		Support Group		
		12:30 Art4Healing - RR		

SNEAK PEAK #1

The Florence Sylvester Senior Center and Village Real Estate are excited to announce that the **Summer Bingo Bash** is right around the corner – July 27th! 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!

SNEAK PEAK #2

The Boomers Club is partnering with the Center to bring you **Wild West Poker Night** on August 11th, Clubhouse 5. Every ticket purchased will have a seat to play. Purchase tickets at reception (\$30) or the Boomers website boomersclub.org Call the Center for more information.