Age Well | FLORENCE SYLVESTER SENIOR CENTER

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

JUIY RR = Reservation Required

2024

Monday	Tuesday	Wednesday	Thursday	Friday	
1	2	3	4	5	6
 9 Tai Chi (Sun Style) 9:30 Tremble Clefs 10 Legal Aid 10 DMV Test Prep - RR 10:30 Stroke Prevention 11:30 Lunch - RR 2:30 Tai Chi 	 9 Balance and Movement 11:30 Lunch - RR 12 Knit and Crochet 12:30 Poker 1:30 Bingo 	 9 Tai Chi (Sun Style) 9 Wire Wrapping Class 10 Create & Color 11 Android Assist - RR 11:30 Lunch- RR - Jim Woods on piano 12:30 Caregiver Support Group 	Closed in Observance of Independence Day	 9 Tai Chi (Sun Style) 9:30 Individual Apple Help-RR 10 TOPS Meeting 11:30 Lunch - RR - Arnie DiCioccio on piano 12:45 Movie Day 	
8 9 Tai Chi (Sun Style) 9 HICAP - RR 9:30 Tremble Clefs 10 DMV Test Prep - RR 10 Legal Aid - RR 11:30 Lunch - RR - Sunshine Band Performance 2:30 Tai Chi	9 9 Balance and Movement 10 OM Chanting - RR 11:30 Lunch- RR 12 Knit and Crochet 12:30 Poker 1:30 Bingo	10 9 Tai Chi (Sun Style) 9 Wire Wrapping Class 10:30 Advanced Planning Workshop - RR 11:30 Lunch- RR - Jim Woods on piano 12:30 Caregiver Support Group	 9 Balance and Movement 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 	12 9 Tai Chi (Sun Style) 9:30 Individual Apple Help - RR 10 TOPS Meeting 11:30 Lunch- RR- Arnie DiCioccio on piano 12:45 Movie Day	13
15	16	17	18	19	20
 9 Tai Chi (Sun Style) 9 HICAP - RR 9:30 Tremble Clefs Practice and Performance 11:30 Lunch - RR 2:30 Tai Chi 	 9 Balance and Movement 11:30 Lunch - RR- Tony Rogers Performance 12 Knit and Crochet 12:30 Poker 1:30 Bingo 2 Aural Rehabilitation Class 	 9 Tai Chi (Sun Style) 9 Wire Wrapping Class 10 Individual Financial Consults - RR 10 Individual Medication Review - RR 11:30 Lunch- RR - Jim Woods on piano 12:30 Caregiver Support Group 	 8:30 Pantry Staples 9 Balance and Movement 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 Tai Chi (Sun Style) 9:30 Individual Apple Help - RR 10 TOPS Meeting 11:30 Lunch- RR-Arnie DiCioccio on piano 12:45 Movie Day 	

22	23	24	25	26	27
9 Tai Chi (Sun Style)	9 Balance and	9 Tai Chi (Sun Style)	9 Balance and	9 Tai Chi (Sun	
9 HICAP – RR	Movement	9 Wire Wrapping	Movement	Style)	•
9:30 Tremble Clefs	11:30 Lunch - RR	Class	9:30 DMV Test Prep -	9:30 Individual	Summer
11:30 Lunch - RR	12 Knit and Crochet	11:30 Lunch – RR -	RR	Apple Help - RR	Bingo
2:30 Tai Chi	12:30 Poker	Harmonaires	10 Yoga for PD	10 TOPS Meeting	Bash!
	1:30 Bingo	Performance	10:30 Chair Yoga - \$2	11:30 Lunch- RR-	Dasii.
		12:30 Caregiver Support Group	11:30 Lunch – RR-	– Birthday Celebration -	
		Support Group	Street Performers	Arnie DiCioccio	
			12:30 Poker	on piano	
			2&3 Individual Apple Help - RR	12:45 Movie Day	
29	30	31	August 1	August 2	
9:30 Tremble Clefs	11:30 Lunch- RR	9 Wire Wrapping	9:30 DMV Test Prep -	9:30 Individual	
10 DMV Test Prep - RR	12 Knit and Crochet	Class	RR	Apple Help-RR	
11:30 Lunch - RR	12:30 Poker	11:30 Lunch- RR – Jim	10 Yoga for PD	10 TOPS Meeting	
1 Fall Prevention with	1:30 Bingo	Woods on piano	10:30 Chair Yoga - \$2	11:30 Lunch - RR -	
Mighty Health - RR		12:30 Art4Healing Workshop - RR	11:30 Lunch- RR	Arnie DiCioccio	
2:30 Tai Chi		-	12:30 Poker	on piano	
		12:30 Caregiver Support Group	283 Individual Apple	12:45 Movie Day	
		ouppoir group	Help-RR		

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

SNEAK PEAK #1

The Boomer's 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 the Florence Sylvester reception desk (\$30) or the Boomers website boomersclub.org Call the Center for more information.

SNEAK PEAK #2

The Pacific Coast Symphony's **"Symphony on The Go!"** will be performing in front of Florence Sylvester Senior Center on August 30^{th,} at 6 p.m. The performance is **free to the public**. To guarantee you have a seat, please call reception at (949) 380-0155 and let us know you're coming.