## Age Well | FLORENCE SYLVESTER SENIOR CENTER

23721 Moulton Pkwy, Laguna Hills CA • Mon-Fri • 8:30am-4pm • 949-380-0155

**AUGUST 2024** 

RR = Reservation Required • E = Emeritus Class

| Monday   | Tuesday   | Wednesday   | Thursday  | Friday   |
|--|---|---|---|--|
| <b>5</b><br><b>10</b> DMV Test Prep – RR<br><b>10</b> Legal Aid - RR<br><b>11:30</b> Lunch – RR<br><b>2:30</b> Tai Chi | <b>6</b><br><b>11</b> Chair Yoga - \$2<br><b>11:30</b> Lunch- RR<br><b>12</b> Knit and Crochet<br><b>12:30</b> Poker<br><b>1:30</b> Bingo | <b>7</b><br><b>9</b> Wire Wrapping Class –<br>E<br><b>10</b> Android help - RR<br><b>10</b> Create & Color – RR \$5<br><b>11:30</b> Lunch - RR – Jim<br>Woods on piano<br><b>12:30</b> Caregiver Support<br>Group | 1    9:30 DMV Test Prep - RR   10 Yoga for Parkinson's   11 Chair Yoga - \$2   11:30 Lunch- RR   12:30 Poker   8   9:30 DMV Test Prep - RR   10 Yoga for Parkinson's   11 Chair Yoga - \$2   11:30 Lunch- RR- piano by   Amy   12:30 Poker   2 & 3 Individual Apple   help - RR | 2<br>10 TOPS Meeting<br>11:30 Lunch - RR - Arnie<br>DiCioccio on piano<br>12:30 - Cribbage<br>12:45 Movie Day<br>9<br>10 TOPS Meeting<br>11:30 Lunch- RR- Arnie<br>DiCioccio on piano<br>12:30 - Cribbage<br>12:45 Movie Day |
| 12<br>9 HICAP - RR<br>10 DMV Test Prep - RR<br>11:30 Lunch - RR -<br>Sunshine Band<br>Performance<br>2:30 Tai Chi      | 13<br>11 Chair Yoga - \$2<br>11:30 Lunch - RR<br>12 Knit and Crochet<br>12:30 Poker<br>1:30 Bingo   | 14<br>10 Android help - RR<br>11:30 Lunch- RR - Jim<br>Woods on piano<br>12:30 Caregiver Support<br>Group   | 15    9:30 DMV Test Prep - RR   10 Yoga for Parkinson's   11 Chair Yoga - \$2   11:30 Lunch- RR - Doyal   Fowler on piano   12:30 Poker   2 & 3 Individual Apple   help - RR  | 16<br>10 TOPS Meeting<br>11:30 Lunch- RR- Arnie<br>DiCioccio on piano<br>12:30 - Cribbage<br>12:45 Movie Day   |

| Monday                           | Tuesday                         | Wednesday                          | Thursday                           | Friday                           |
|----------------------------------|---------------------------------|------------------------------------|------------------------------------|----------------------------------|
| 19                               | 20                              | 21                                 | 22                                 | 23                               |
| <b>9</b> Balance & Mobility - E  | 9 Balance & Mobility - E        | <b>9</b> Balance & Mobility - E    | 8:30 Pantry Staples                | <b>9</b> Balance & Mobility - E  |
| 9 HICAP – RR                     | <b>10</b> Beginning Chair       | <b>9</b> Wire Wrapping Class – E   | <b>9</b> Balance & Mobility – E    | <b>10</b> Balance & Mobility - E |
| <b>10</b> Balance & Mobility - E | Exercise – E                    | <b>10</b> Balance & Mobility – E   | <b>10</b> Beginning Chair Exercise | <b>10</b> TOPS Meeting           |
| <b>11:30</b> Lunch – RR - Doyal  | <b>11</b> Chair Yoga - \$2      | <b>10</b> Zentangle – RR \$5       | – E                                | <b>11:30</b> Lunch- RR - Arnie   |
| Fowler on piano                  | <b>11:30</b> Lunch – RR- Tony   | <b>10</b> Android help- RR         | <b>10</b> Yoga for Parkinson's     | DiCioccio on piano               |
| <b>2:30</b> Tai Chi              | Rogers Performance              | <b>11:30</b> Lunch- RR – Jim       | <b>11</b> Chair Yoga - \$2         | <b>12:30 -</b> Cribbage          |
|                                  | 12 Knit and Crochet             | Woods on piano                     | <b>11:30</b> Lunch – RR-Street     | <b>12:45</b> Movie Day           |
|                                  | <b>12:30</b> Poker              | <b>12:30</b> Caregiver Support     | Performers                         |                                  |
|                                  | <b>1:30</b> Bingo               | Group                              | <b>12:30</b> Poker                 |                                  |
|                                  | <b>2</b> Amazing Hearing        | <b>1</b> Intermediate Knitting – E | <b>1</b> Yoga – E                  |                                  |
|                                  | Aural Rehabilitation            | <b>1</b> Tai Chi – E               | <b>1</b> Intermediate Oil/Acrylic  |                                  |
|                                  | Class                           | <b>2</b> Grief Share Support       | painting - E                       |                                  |
|                                  |                                 | Group                              | 283 Individual Apple help          |                                  |
|                                  |                                 |                                    | - RR                               |                                  |
|                                  |                                 |                                    |                                    |                                  |
| 26                               | 27                              | 28                                 | 29                                 | 30                               |
| <b>9</b> Balance & Mobility – E  | <b>9</b> Balance & Mobility – E | <b>9</b> Balance & Mobility - E    | <b>9</b> Balance & Mobility – E    | <b>9</b> Balance & Mobility - E  |
| 9 HICAP - RR                     | 10 Beginning Chair              | <b>10</b> Balance & Mobility - E   | <b>10</b> Beginning Chair Exercise | <b>10</b> Balance & Mobility - E |
| <b>10</b> Balance & Mobility - E | Exercise – E                    | <b>9</b> Wire Wrapping Class - E   | – E                                | <b>10</b> TOPS Meeting           |
| 10 DMV Test Prep - RR            | <b>11</b> Chair Yoga - \$2      | <b>10</b> Android help - RR        | <b>9:30</b> DMV Test Prep – RR     | <b>11:30</b> Lunch - RR - Arnie  |
| <b>11:30</b> Lunch – RR          | <b>11:30</b> Lunch- RR          | <b>11:30</b> Lunch - RR -          | <b>10</b> Yoga for Parkinson's     | DiCioccio on piano -             |
| 1 Fall Prevention by             | 12 Knit and Crochet             | Harmonaires                        | <b>11</b> Chair Yoga - \$2         | <b>Birthday Celebration</b>      |
| Mighty Health - RR               | <b>12:30</b> Poker              | Performance                        | <b>11:30</b> Lunch- RR             | <b>12:30 -</b> Cribbage          |
| <b>2:30</b> Tai Chi              | <b>1:30</b> Bingo               | 12:30 Art4Healing                  | <b>12:30</b> Poker                 | <b>12:45</b> Movie Day           |
|                                  |                                 | Workshop - RR                      | <b>1</b> Yoga – E                  |                                  |
|                                  |                                 | <b>12:30</b> Caregiver Support     | <b>1</b> Intermediate Oil/Acrylic  | FREE EVENT                       |
|                                  |                                 | Group                              | painting - E                       | 6:00pm-7:00pm                    |
|                                  |                                 | <b>1</b> Intermediate Knitting – E | 283 Individual Apple help          | Symphony on The Go!              |
|                                  |                                 | <b>1</b> Tai Chi – E               | - RR                               | Deserves                         |
|                                  |                                 | <b>2</b> Grief Share Support       |                                    | Reserve a seat:                  |
|                                  |                                 | Group                              |                                    | 949-380-0155                     |

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