

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

Monday	Tuesday	Wednesday	Thursday	Friday
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
<b>9</b> Balance & Mobility - E <b>9</b> HICAP - RR <b>10</b> Balance & Mobility - E <b>11:30</b> Lunch - RR - Doyal Fowler on piano <b>2:30</b> Tai Chi	<b>9</b> Balance & Mobility - E <b>10</b> Beginning Chair Exercise - E <b>11</b> Chair Yoga - \$2 <b>11:30</b> Lunch - RR- Tony Rogers Performance <b>12</b> Knit and Crochet <b>12:30</b> Poker <b>1:30</b> Bingo <b>2</b> Amazing Hearing Aural Rehabilitation Class	<b>9</b> Balance & Mobility - E <b>9</b> Wire Wrapping Class - E <b>10</b> Balance & Mobility - E <b>10</b> Zentangle - RR \$5 <b>10</b> Android help- RR <b>11:30</b> Lunch- RR - Jim Woods on piano <b>12:30</b> Caregiver Support Group <b>1</b> Intermediate Knitting - E <b>1</b> Tai Chi - E <b>2</b> Grief Share Support Group	<b>8:30</b> Pantry Staples <b>9</b> Balance & Mobility - E <b>10</b> Beginning Chair Exercise - E <b>10</b> Yoga for Parkinson's <b>11</b> Chair Yoga - \$2 <b>11:30</b> Lunch - RR-Street Performers <b>12:30</b> Poker <b>1</b> Yoga - E <b>1</b> Intermediate Oil/Acrylic painting - E <b>2 &amp; 3</b> Individual Apple help - RR	<b>9</b> Balance & Mobility - E <b>10</b> Balance & Mobility - E <b>10</b> TOPS Meeting <b>11:30</b> Lunch- RR - Arnie DiCioccio on piano <b>12:30</b> - Cribbage <b>12:45</b> Movie Day
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
<b>9</b> Balance & Mobility - E <b>9</b> HICAP - RR <b>10</b> Balance & Mobility - E <b>10</b> DMV Test Prep - RR <b>11:30</b> Lunch - RR <b>1</b> <b>Fall Prevention by Mighty Health - RR</b> <b>2:30</b> Tai Chi	<b>9</b> Balance & Mobility - E <b>10</b> Beginning Chair Exercise - E <b>11</b> Chair Yoga - \$2 <b>11:30</b> Lunch- RR <b>12</b> Knit and Crochet <b>12:30</b> Poker <b>1:30</b> Bingo	<b>9</b> Balance & Mobility - E <b>10</b> Balance & Mobility - E <b>9</b> Wire Wrapping Class - E <b>10</b> Android help - RR <b>11:30</b> Lunch - RR - Harmonaires Performance <b>12:30</b> Art4Healing Workshop - RR <b>12:30</b> Caregiver Support Group <b>1</b> Intermediate Knitting - E <b>1</b> Tai Chi - E <b>2</b> Grief Share Support Group	<b>9</b> Balance & Mobility - E <b>10</b> Beginning Chair Exercise - E <b>9:30</b> DMV Test Prep - RR <b>10</b> Yoga for Parkinson's <b>11</b> Chair Yoga - \$2 <b>11:30</b> Lunch- RR <b>12:30</b> Poker <b>1</b> Yoga - E <b>1</b> Intermediate Oil/Acrylic painting - E <b>2 &amp; 3</b> Individual Apple help - RR	<b>9</b> Balance & Mobility - E <b>10</b> Balance & Mobility - E <b>10</b> TOPS Meeting <b>11:30</b> Lunch - RR - Arnie DiCioccio on piano - <b>Birthday Celebration</b> <b>12:30</b> - Cribbage <b>12:45</b> Movie Day  <b>FREE EVENT</b> <b>6:00pm-7:00pm</b> <b>Symphony on The Go!</b>  <b>Reserve a seat:</b> <b>949-380-0155</b>

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