

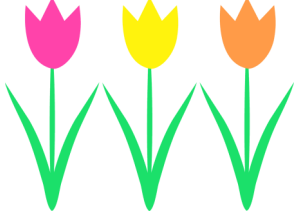


MARCH 2024

715 Douglas Avenue, Altamonte Springs, FL • 407-949-6733 • Mon-Fri 8:30am-5:00pm

More event information available at OneSeniorPlace.com • Events subject to change



Monday	Tuesday	Wednesday	Thursday	Friday
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				10am Team Trivia & Education: Kidney Disease By VITAS RSVP 407-949-6733 1:30pm Craft Day By Volunteers for Community Impact and Aetna RSVP 407-949-6733
4	5	6	7	8
10am Senior Club: Rummikub 10am Safety Bingo By Right Choice Adult Care & Activity Center RSVP 10am Benefits of Castanets RSVP 2pm SAIL Exercise Class By VCI RSVP 7pm ZOOM Reiki By VITAS Healthcare RSVP 407-949-6733	9:00am Private Event 1:30pm Living Healthy Diabetes Workshop By Senior Resource Alliance RSVP 407-949-6733 4pm Private Event 6pm 1031 Exchange: Springing into Action By The Miller Realty Group RSVP	10am Musical Minds Choir By CFCArts 11:15am Asthma and Its Treatment By Clinical Site Partners RSVP 407-949-6733 1pm Reiki By VITAS Healthcare RSVP 1pm Private Event 2pm SAIL Exercise Class By VCI RSVP 5pm Death Café By VITAS Healthcare RSVP	9:30am AARP Driver Safety Course RSVP 407-949-6733 1pm Private Event	10am Q&A About iPhones By One Senior Place RSVP 2pm Tai Chi By PPD Research RSVP 407-949-6733 2pm Compassionate Connections Support Group By North Star Senior Advisors RSVP
11	12	13	14	15
10am Senior Club: Rummikub 10am Broadway Chair Exercise By Right Choice Adult Care & Activity Center RSVP 10am Benefits of Castanets RSVP 2pm SAIL Exercise Class By VCI RSVP 4pm Caregiver Support Group By The Alzheimer's Association RSVP 7pm ZOOM Reiki By VITAS Healthcare RSVP	10am Let's Talk About Books By One Senior Place RSVP 1:30pm Living Healthy Diabetes Workshop By Senior Resource Alliance RSVP 2pm Don't Go Broke Paying for a Nursing Home By Flammia Elder Law RSVP 407-478-8700	10am Musical Minds Choir By CFCArts 11:15am Musical Bingo & Saint Patrick's Day Celebration by Centerwell RSVP 407-949-6733 1pm Reiki By VITAS Healthcare RSVP 1pm Private Event 2pm SAIL Exercise Class By VCI RSVP 5pm Coffee and Conversations By VITAS Healthcare RSVP 407-691-4548	10:30am Digestive Health By AdventHealth RSVP 407-949-6733 1pm Private Event 2pm Veterans' Benefits Symposium: Exploring Options for the Next Stage By North Star Senior Advisors RSVP 407-796-1582 2pm Stop Smoking Support Group By Florida Health Seminole County RSVP	10am How to Speak to Someone with Dementia By Alzheimer's & Dementia Resource Center RSVP 407-705-2042 2pm Movie Matinee: Yes Day RSVP 407-949-6733
18	19	20	21	22
10am Senior Club: Bingo By Volunteers for Community Impact and Aetna RSVP 10am Benefits of Castanets RSVP 2pm Sail Exercise Class By VCI RSVP 7pm ZOOM Reiki By VITAS Healthcare RSVP 407-949-6733	11am Painting Class By Charter Research RSVP 407-326-9000 1pm Dominoes Free Play By Charter Research RSVP 407-326-9000 1:30pm Living Healthy Diabetes Workshop By Senior Resource Alliance RSVP	10am Musical Minds Choir By CFCArts 11:30am Doctor Q&A Lunch & Learn By AdventHealth Well 65+ RSVP 1pm Reiki By VITAS Healthcare RSVP 1pm Private Event 2pm SAIL Exercise Class By VCI RSVP	9:30am Planting Seeds For Your Future By The Miller Realty Group RSVP 321-221-7685 1pm Private Event 2pm Joyful Memories: Sing-along & Connect w/ the Past by ComForCare Home Care RSVP 407-949-6733	9am-12pm FREE Health Screenings By Seminole County Health Dept. 2pm Build Better Balance: What Is Balance and What Can We Do About it? By ByrdNest Physical Therapy RSVP 407-949-6733
25	26	27	28	29
9:30am Learn to Play Texas Hold'Em 10am-12pm Casino Day with Senior Plan Options RSVP 407-949-6733 10am Benefits of Castanets RSVP 2pm Sail Exercise Class By VCI RSVP 7pm Zoom Reiki By VITAS Healthcare RSVP	10am Spring Trivia By Providence Senior Living RSVP 407-949-6733 12pm Lunch & Learn: Hearing Innovations By Altamonte Family Hearing RSVP 407-949-6733 1:30pm Living Healthy Diabetes Workshop By Senior Resource Alliance RSVP 2pm Silver Sneakers Exercise Class RSVP	10am Musical Minds Choir By CFCArts 11:15am One World, Many Stories By One Senior Place 1pm Reiki By VITAS Healthcare RSVP 1pm Private Event 2pm SAIL Exercise Class By VCI RSVP 5pm Coffee and Conversations By VITAS Healthcare RSVP 407-691-4548	9am Red Cross Private Event 1pm Private Event 2pm Sound Therapy By Medosh Integrative Medical Center RSVP 407-949-6733	8:30am-4:30pm Free Memory Screenings By Charter Research RSVP 407-326-9000