



APRIL 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	
<p>1</p> <p>10am Senior Club: Rummikub 10am Advanced Directives with Dr. Cherry By AdventHealth Well 65+ RSVP 407-949-6733 10am Benefits of Castanets RSVP 2pm Q&A About Androids By One Senior Place RSVP 7pm Zoom Reiki By VITAS Healthcare RSVP</p>	<p>2</p> <p>11am Alzheimer's and Dementia Awareness By The Alzheimer's Association RSVP 1:30pm Living Healthy Diabetes Workshop By Senior Resources Alliance RSVP 407-949-6733 2pm Silver Sneakers Exercise Class RSVP 407-949-6733</p>	<p>3</p> <p>10am Musical Minds Choir By CFCArts 1pm Reiki By VITAS Healthcare RSVP 1pm Private Event 2pm Disco Bingo By AdventHealth Well 65+ RSVP 407-949-6733 5pm Death Café By VITAS Healthcare RSVP</p>	<p>4</p> <p>9:30am AARP Driver Safety Course RSVP 407-949-6733 10:30am Caregiver Burnout: Grief By Right Choice Adult Care & Activity Center RSVP 407-949-6733</p>	<p>5</p> <p>2pm Sports Trivia By One Senior Place RSVP 407-949-6733</p>	
<p>8</p> <p>10am Bingo By AdventHealth Well 65+ RSVP 407-949-6733 10am Benefits of Castanets RSVP 1pm Art Connects Alzheimer's By The Alzheimer's Association RSVP 2pm Audiology Update By Altamonte Family Hearing RSVP 4pm Caregiver Support Group By The Alzheimer's Association RSVP 407-949-6733 7pm Zoom Reiki By VITAS Healthcare RSVP</p>	<p>9</p> <p>9 am Private Event 11am The Healing Power of Humor & Laughter By The C. FL. Parkinson's Association RSVP 1:30pm Living Healthy Diabetes Workshop By Senior Resources Alliance RSVP 407-949-6733 2pm Don't Go Broke Paying for a Nursing Home By Flammia Law RSVP 407-478-8700</p>	<p>10</p> <p>10am Musical Minds Choir By CFCArts 1pm Reiki By VITAS Healthcare RSVP 1pm Private Event 2pm Get Your Chair Fitness On! By Right Choice Adult Care & Activity Center</p>	<p>11</p> <p>10:30am Head & Neck Cancer By AdventHealth RSVP 1pm Private Event 2pm Fun Facts & Trivia About Hollywood's Golden Age By One Senior Place RSVP 407-949-6733</p>	<p>12</p> <p>10am Senior Breakfast with Brookdale Wekiwa RSVP 407-949-6733 2pm Movie Matinee: Sound of Freedom RSVP 407-949-6733 2pm Caregiver Support Group By North Star Senior Advisors RSVP</p>	
<p>15</p> <p>10am Senior Club: Rummikub 10am Benefits of Castanets RSVP 11am Free Salsa By Charter Research RSVP 1pm Art Connects Alzheimer's By The Alzheimer's Association RSVP 407-949-6733 2pm Free Movie: Still Alice By Charter Research RSVP 7pm Zoom Reiki By VITAS Healthcare RSVP</p>	<p>16</p> <p>10:30am Normal vs. Not Normal Aging & Understanding Dementia By The Alzheimer's and Dementia Resource Center RSVP 407-705-2042 2pm Cooking with Colombian Flair by One Senior Place RSVP 407-949-6733</p>	<p>17</p> <p>10am Musical Minds By CFCArts 11:15am Musical Trivia By Cambridge Planning Group 1pm Reiki By VITAS Healthcare RSVP 1pm Private Event 2 pm Senior Speed Networking By North Star Senior Advisors RSVP</p>	<p>18</p> <p>9:30am The Truth About Cash Offer By The Miller Group 11am Tai Chi By PPD Research RSVP 1pm Private Event 2pm Q&A Cultural Health Expo: Celebrating National Minority Health Month By Care by Us LLC RSVP</p>	<p>19</p> <p>8:30am—5:00pm Private Event</p>	
<p>22</p> <p>9:30am Learn to Play Texas Hold'Em 10am-12pm Casino Day By Senior Plan Options RSVP 407-949-6733 10am Benefits of Castanets RSVP 1pm Art Connects Alzheimer's By The Alzheimer's Association RSVP 2pm A Bicycle Built for You By Bickleta Bike Shop RSVP 7pm Zoom Reiki By VITAS Healthcare RSVP</p>	<p>23</p> <p>8:30am Red Cross Private Event 2pm Planning for your Future & Beyond By The Miller Realty Group & Providence at Maitland RSVP</p>	<p>24</p> <p>10am Musical Minds Choir By CFCArts 1pm Reiki By VITAS Healthcare RSVP 1pm Private Event 2pm: Joyful Memories By ComForCare Home Care RSVP</p>	<p>25</p> <p>8:30am—4:30pm Memory Screenings By Charter Research 10:30 am Bingo By Right Choice Adult Care & Activity Center RSVP 1pm Private Event 1:30pm Senior & Caregiver Social Mixer By Care By Us LLC RSVP</p>	<p>26</p> <p>9am-4pm Women's Day RSVP 407-949-6733</p>	
<p>29</p> <p>10am Senior Club: Rummikub 10am Benefits of Castanets RSVP 1pm Art Connects Alzheimer's By The Alzheimer's Association 2pm Identifying & Protecting Yourself from Online Scams By The Seminole County Sheriff's Office RSVP 7pm Zoom Reiki By VITAS Healthcare RSVP</p>	<p>30</p> <p>10am Brain Health with Dr. Fletcher By ClinCloud RSVP 407-949-6733 2pm Fresh Market Experience By CenterWell RSVP 5pm Getting into Your Parents Business By Brenda Lyle of OSP RSVP 407-949-6733</p>	<p>SPECIAL EVENT: April 26 from 9am-4pm Women's Day RSVP 407-949-6733</p> 			



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