





MAY 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
				
		1	2	3
		<p>10am Musical Minds Choir By CFCArts 1pm Reiki By VITAS Healthcare RVSP 1pm Private Event</p> <p>1:30pm Downsizing & Assisted Living: Is now the right time? By Flammia Law & North Star Senior Advisors 5pm Death Café By VITAS Healthcare RVSP</p>	<p>9:30am—4:00pm AARP Driver Safety Course RSVP 407-949-6733 1pm Private Event</p>	<p>11am Ways to Make Your Home Fit By AARP RSVP 407-949-6733 2pm Movie Matinee: The Greatest Showman RSVP 407-949-6733</p>
6	7	8	9	10
<p>10am Senior Club: Rummikub 10am Benefits of Castanets RVSP 11am iPhone Class: Mastering Siri By Watercrest Winter Park RVSP 1pm Art Connects Alz By The Alzheimer's Association RSVP 407-949-6733 2pm SAIL Exercise Class By VCI RVSP 7pm ZOOM Reiki By VITAS Healthcare RVSP</p>	<p>9am Private Event 1:30pm Living Healthy with Chronic Conditions By Senior Resource Alliance RSVP 2pm Get Moving with Chair Fitness! By Right Choice Adult Care & Activity Center RSVP 407-949-6733</p>	<p>8am-4:30pm Private Event 1pm Reiki By VITAS Healthcare RVSP 1pm Private Event</p>	<p>8am-4:30pm Private Event 10am Women's Health & Screenings By AdventHealth RVSP 407-949-6733 1pm Private Event 2pm Stop Smoking Support Group By Tobacco Free Florida RVSP</p>	<p>10am Breakfast with Brookdale By Brookdale Wekiwa Springs RVSP 11am Hurricane Preparedness w/ Tom Terry By WFTV RSVP 407-949-6733 2pm Caregiver Support Group By North Star Senior Advisors RVSP 2pm Sail Exercise Class By VCI RVSP</p>
13	14	15	16	17
<p>10am Senior Club: Rummikub 10am Benefits of Castanets RVSP 11am Sepsis & Post Sepsis Syndrome By VITAS Healthcare RVSP 1pm Art Connects Alz By The Alzheimer's Association RSVP 2pm SAIL Exercise Class By VCI RVSP 4pm Caregiver Support Group By The Alzheimer's Association RSVP 7pm ZOOM Reiki By VITAS Healthcare RVSP</p>	<p>11am Free for Seniors: Karaoke By Charter Research RVSP 1pm Free for Seniors: Latin Cuisine Cooking Class By Charter Research RVSP 1:30pm Living Healthy with Chronic Conditions By Senior Resource Alliance RSVP 6pm Building a Secure Future: Master the 1031 Exchange By The Miller Realty Group RVSP</p>	<p>10am Musical Minds Choir By CFCArts 1pm Reiki By VITAS Healthcare RVSP 1pm Private Event 2pm Ask the Doctor By AdventHealth Well 65+ RVSP 6pm Don't Go Broke Paying for a Nursing Home & Essential Estate Planning Webinar By Flammia Elder Law</p>	<p>9am Red Cross Private Event 12pm Health Screenings By Clinical Site Partners RVSP 1pm Private Event 2pm How to Declutter Your Home By AARP RVSP</p>	<p>10am Ballroom Dancing By PPD Research RVSP 11am The Healing Power of Humor & Laughter By The C.F.L. Parkinson's Association RVSP 2pm SAIL Exercise Class By VCI RVSP 407-949-6733</p>
20	21	22	23	24
<p>10am Senior Club: Bingo By AdventHealth Well 65+ RVSP 10am Benefits of Castanets RVSP 1pm Art Connects Alz By The Alzheimer's Association RSVP 2pm Sail Exercise Class By VCI RVSP 7pm ZOOM Reiki By VITAS Healthcare RVSP</p>	<p>10:30am Elder Abuse By The Seminole County Sheriff's Dept. RVSP 1:30pm Living Healthy with Chronic Conditions By Senior Resource Alliance RSVP 3pm -5:30pm Private Event</p>	<p>8am-4:30pm Private Event 1pm Reiki By VITAS Healthcare RVSP 1pm Private Event</p>	<p>8am-4:30pm Private Event 1pm Private Event</p>	<p>9am—12pm Free Health Screenings By Seminole County Health Dept. 11am Know Us Before You Need Us By Senior Resource Alliance RSVP 2pm SAIL Exercise Class By VCI RVSP 407-949-6733</p>
27	28	29	30	31
 <p>CLOSED Memorial Day</p>	<p>10:30am Bingo By Right Choice Adult Care & Activity Center RVSP 1:30pm Living Healthy with Chronic Conditions By Senior Resource Alliance RSVP 2pm Fraud Prevention By AARP RVSP</p>	<p>10am Musical Minds Choir By CFCArts 1pm Reiki By VITAS Healthcare RVSP 1pm Private Event 2pm SAIL Exercise Class By VCI RVSP</p>	<p>10am Joyful Memories By ComForCare RVSP 407-406-5902 1pm Private Event 2pm Are you Smarter than a 5th Grader? By One Senior Place RVSP</p>	<p>8:30am—4:30pm Memory & Liver Screenings By Charter Research 10:30am Patriotic Heroes By One Senior Place RVSP</p>