








| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|--|--|
| 1 CLOSED FOR LABOR DAY <small>NORMAL BUSINESS HOURS RESUME TUESDAY, SEPTEMBER 2RD</small>  | 2 10:30am The Backstory Behind Inventions You Love By One Senior Place RSVP 407-949-6733 1pm Art Connects By Pamela Levin and One Senior Place RSVP 407-949-6733 2pm Chair Strength & Cardio Exercise Class By ComForCare RSVP 407-949-6733 | 3 10am Musical Minds By Central Florida Community Arts 11am Private Event By Altamonte Springs Women Club 1pm Private Event 2pm SAIL Balance Class RSVP 407-949-6733 | 4 10:30am Word Games for Brain Health By One Senior Place RSVP 407-949-6733 1pm Private Event 1:30pm Living Healthy with Diabetes By SRA RSVP 2pm Tai Chi By One Senior Place RSVP 407-949-6733 | 5 9am-3pm AARP Safe Driver Class By AARP RSVP 10:30am The Guide Model: Did You Know Medicare May Cover In-Home Dementia Care By BrightStar Care Seminole RSVP 407-949-6733 |
| 8 10am Liberty Company/ Veterans Social Club By One Senior Place RSVP 407-949-6733 10am Senior Club: Rummikub 10am Private Event By Jewish Pavilion Senior Services 10am Benefits of Castanets By One Senior Place RSVP 2pm SAIL Balance Class RSVP 407-949-6733 4pm Caregiver Support Group By The Alzheimer's Association RSVP 407-949-6733 | 9 10am Breakfast & Bingo By Charter Research RSVP 407-326-9000 12pm Plant-Based Anti-Inflammatory Diet By Charter Research RSVP 407-337-3000 1pm Art Connects By Pamela Levin and One Senior Place RSVP 407-949-6733 2pm Fitness For Heart & Brain By Charter Research RSVP 407-326-9000 | 10 10am Musical Minds By Central Florida Community Arts 1pm Private Event 2pm Don't Go Broke Paying for a Nursing Home & Essential Estate Planning By Flammia Elder Law RSVP 2pm SAIL Balance Class RSVP 407-949-6733 6pm Charitable Event By Jewish Pavilion Senior Services RSVP 407-678-9363 | 11 1pm Private Event 1:30pm Medicaid Made Clear: Timing, Truths, & Planning for Care By The Rodriguez Estate Planning & Elder Law Firm RSVP 407-949-6733 1:30pm Living Healthy with Diabetes By SRA RSVP 2pm Quit Smoking Support Group By Tobacco Free FL. RSVP 407-716-6392 | 12 <div> <div>9 AM - 3 PM</div> <div>  <div> Healthy Living Day </div> </div> </div> FLIP CALENDAR FOR FULL SCHEDULE OF EVENTS! |
| 15 10am Bingo By AdventHealth Well 65+ RSVP 407-949-6733 10am Benefits of Castanets By One Senior Place RSVP 407-949-6733 2pm SAIL Balance Class RSVP 407-949-6733 | 16 8:30am Private Event By Jewish Chamber of Commerce 10:30am Caring for the Caregivers By The Alzheimer's & Dementia Resource Center RVSP 407-949-6733 1pm Fall Prevention Program By FL. Dept. of Health, Seminole County RSVP 407-949-6733 | 17 10am Musical Minds By Central Florida Community Arts 1pm Private Event 2pm SAIL Balance Class RSVP 407-949-6733 | 18 10:30am America: True & Untold Stories By One Senior Place RSVP 407-949-6733 1pm Private Event 1pm Private Event By The Health Insurance Store 1:30pm Living Healthy with Diabetes By SRA RSVP | 19 8:30am-4:30pm Free Memory & Liver Screenings By Charter Research RSVP 407-326-9000 10:30am The Retirement Estate Plan Check-Up: 5 Things To Do Now So Your Family Isn't Left With a Mess By Bullard Law RSVP 407-949-6733 10:30am Private Event By North Star Senior Advisors 2pm Brain Fitness Academy Boot Camp By Brain Fitness Academy RSVP 407-949-6733 |
| 22 9:30am Learn to Play Texas Hold Em' By Senior Plan Options RSVP 407-949-6733 10am Casino Day By Senior Plan Options RSVP 407-949-6733 10am Benefits of Castanets By One Senior Place RSVP 2pm SAIL Balance Class RSVP 407-949-6733 | 23 8am Toastmasters By Toastmasters International RSVP 321-356-9229 10am 5 Wishes Workshop: DIY Advanced Directives By One Senior Place RSVP 407-949-6733 10:30am Intro to The Ukulele By Providence at Maitland and R&R Guitar RSVP 407-949-6733 1:30pm Movie Matinee Mission Impossible: The Final Reckoning One Senior Place RSVP 407-949-6733 | 24 10am Musical Minds By Central Florida Community Arts 1pm Private Event 2pm SAIL Balance Class RSVP 407-949-6733 | 25 10:30am Are You Smarter Than A 5th Grader By One Senior Place RSVP 40-949-6733 1pm Private Event 2pm Let's Play Bunco! By Flourish Research RSVP 407-949-6733 | 26 9am-12pm Free Health Screenings & Service Referrals By FL. Dept. of Health, Seminole County 9am Private Event By North Star Senior Advisors 1:30pm The Notebook: Love, Memories & More By Providence Living at Maitland & Ambiance at Maitland RSVP 407-949-6733 |
| 29 10am Senior Club: Rummikub 10am Benefits of Castanets By One Senior Place RSVP 10:30am Uncovering the Secrets of Heart Health By Care Access RSVP 407-949-6733 2pm SAIL Balance Class RSVP 407-949-6733 | 30 10:30am Breaking the Myths: Understanding Social Security with Confidence By New York Life RSVP 407-949-6733 2pm Chair Strength & Cardio Exercise Class By ComForCare RSVP 407-949-6733 | <div>  <div>  @oneseniorplace  One Senior Place Orlando  @oneseniorplace </div> </div> <div>  </div> | | |

HEALTHY LIVING DAY

FRIDAY, SEPTEMBER 12 | 9AM – 3PM

9:00 AM

Improving Your Sleep
by Dr. Oh and AdventHealth
Well 65+ | VITAS Auditorium

10:00 AM

Tips for Getting Active &
Staying Active As You Age
by Harry Physical Therapy &
Wellness | VITAS Auditorium

10:00 AM

Navigating Your Prescriptions:
Mastering Medications
by Dr. Neisha Hacker-Finey & Healing
Measures RX | Lg Conference Room

11:00 AM

Smart Food Choices:
Eating a Healthy Plate
CenterWell in partnership with
Humana | VITAS Auditorium

11:00 AM

Dream Big, Live Bold:
Create Your Own Bucket List
New York Life | Lg Conference Room

11:00 AM - 1:00 PM

Healthy Living Fair with info that
will improve your quality of life
\$25 raffles at every table

12:00 PM

Lunch & Learn: What You Don't
Know About Clinical Trials
by Care Access, Charter Research,
ClinCloud Research and Flourish
Research | VITAS Auditorium

1:00 PM

Strategies to Combat Fatigue
with Vibrant Living at Home, One Senior
Place, Seniors Helping Seniors Central
E. FL, MobileMedix Plus & Flammia Elder
Law | VITAS Auditorium

1:00 PM

Proven Strategies to Thrive w/ Arthritis
by Nurse Pop-Ins & Senior Concierge &
The Parkinson's Center for Mobility | Lg
Conference Room

2:00 PM

Introduction to Pilates Exercise Class
Village on the Green | VITAS Auditorium

2:00 PM

Scooby Doo's
Mystery of Grief Workshop
by VITAS Healthcare | Lg Conference Room



HEALTHY LIVING FAIR



FRIDAY,
SEPTEMBER 12

FROM
11 AM – 1 PM

PRIZES VALUED AT
\$25 OR MORE!

Engage with companies dedicated to your well-being! Each booth offers prizes worth \$25 or more. Visit every booth to boost your chances of winning!

WINNERS WILL BE ANNOUNCED AT 12:45PM

RSVP TODAY 407-949-6733

FREE HEALTH SCREENINGS

9:00 AM - 12:00 PM

FREE Health Screenings | Florida Health Seminole County

9:00 AM - 3:00 PM

Memory Screenings | ClinCloud

10:00 AM - 2:00 PM

Lipid & LP(a) Screenings | Flourish Research

THANK YOU TO OUR SPONSORS

