








October 2025

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
 @oneseniorplace  One Senior Place Orlando  @oneseniorplace		1 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	2 8:30am Private Event By Senior Plan Options 1pm Private Event 2pm Chair Strength & Cardio Exercise Class By ComForCare RSVP 407-949-6733	3 Friday, October 3 rd 10AM - 12PM MEDICARE 2025 EDUCATION EVENT * Vendors * Door Prizes * Resources & More RSVP 407-949-6733 2pm Tai Chi By One Senior Place RSVP 407-949-6733
				10 9am-3pm AARP Safe Driver Class By AARP RSVP 407-949-6733 1:30pm One World, Awesome Stories By One Senior Place RSVP 407-949-6733 
6 10am Part D Medicare Education Event w/ Vendors, Resources, Raffles By Senior Plan Options 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	7 9am Private Event By One Senior Place 1pm Art Connects By Pamela Levin and One Senior Place RSVP 407-949-6733 2pm Fall Charcuterie Creations by One Senior Place RSVP 407-949-6733	8 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 407-478-8700	9 8:30am Siemens Retirement Group Private Event By Senior Plan Options 12pm Comprehensive Heart, Metabolic, Kidney, & Liver Screenings By Care Access RSVP 407-949-6733 1pm Private Event 1:30pm 5 Biggest Estate Planning Mistakes By Rodriguez Estate Planning & Elder Law Firm RSVP 407-949-6733 2pm Quit Smoking Support Group By Tobacco Free FL.	17 10am Hear No Evil: A Spooky Sound Update By Altamonte Family Hearing RSVP 407-949-6733 1pm Private Event By The Health Insurance Store 2pm Fall Centerpiece Creations By Flourish Research RSVP 407-949-6733
13 10am Benefits of Castanets By One Senior Place RSVP 10am Senior Club: Rummikub 10:30am Music Magic & Comedy Show By Nurse Pop Ins & Senior Concierge RSVP 407-949-6733 2pm SAIL Balance Class RSVP 407-949-6733 4pm Caregiver Support Group By The Alzheimer's Association RSVP 407-949-6733	14 10am Pancakes & Puzzles By Charter Research RSVP 407-337-3000 12pm Salsa Class for Beginners RSVP 407-326-9000 1pm Art Connects By Pamela Levin and One Senior Place RSVP 407-949-6733 2pm Fall Painting Class By Charter Research RSVP 407-337-3000	15 10am Musical Minds By Central Florida Community Arts 1pm Private Event 2pm SAIL Balance Class RSVP 407-949-6733 4pm-6pm Private Event By The Seminole Education Association	16 9:30am How Can I Pay for my Future Living Options? By The Miller Group RSVP 321-221-7685  HEALTH FAIR 1:00 PM - 3:00 PM * Raffles* Presentations * Resources RSVP 407-949-6733 Included presentations: 1pm Cheers-A Guide to Holiday Alcohol Consumption with Dr. Rose 2pm Shedding the Extra Holiday Pounds with Dr. Gonzalez	
20 10am Bingo By AdventHealth Well 65+ RSVP 407-949-6733 10am Benefits of Castanets By One Senior Place RSVP 2pm SAIL Balance Class RSVP 407-949-6733	21 8:30am Private Event By Jewish Chamber of Commerce 10:30am Joyful Connections by North Star Senior Advisors RSVP 407-796-1582 11am-2pm Medicare Seminar By Health First RSVP 407-949-6733 1pm Art Connects By Pamela Levin and One Senior Place RSVP 407-949-6733 2pm Meet Attorney Bullard by the Jack-O-Lantern for a Spooktacular Good Time & Discussion About Powers of Attorney By Bullard Law RSVP 407-949-67 2pm Learn to Play the Ukulele! By Providence at Maitland & R&R Guitars RSVP 407-949-6733	22 10am Musical Minds By Central Florida Community Arts 1pm Private Event 2pm SAIL Balance Class RSVP 407-949-6733 4pm-6pm Private Event By The Seminole Education Association	23 10:30am British Tea By Cambridge Planning Group RSVP 407-949-6733 11am Private Event 1pm Private Event 2pm Chair Strength & Cardio Exercise Class By ComForCare RSVP 407-949-6733	 EVERYDAY IS Veterans DAY ***** Friday, October 24 th 2:00 PM - 3:30 PM 9 AM - 12 PM FREE HEALTH SCREENINGS BY THE FL. HEALTH DEPT. OF SEMINOLE COUNTY 9AM - 3:30 AM FREE MEMORY SCREENINGS BY CHARTER RESEARCH
27 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	28 8am Toastmasters By Toastmasters Int. RSVP 12pm Medicare Seminar By Health First RSVP 1pm Art Connects By Pamela Levin and One Senior Place RSVP 407-949-6733 3pm Your Guide to Medicaid & Advanced Directives: What Every Family Should Know By Rodriguez Estate Planning & Elder Law Firm RSVP 407-949-6733	29 10am Musical Minds By Central Florida Community Arts 1pm Private Event 2pm SAIL Balance Class RSVP 407-949-6733	30 10:30am Movie Matinee: Still Alice By Serenades of Longwood & Sonata Lake Mary RSVP 407-949-6733 1pm Private Event 1:30pm-2pm Trick or Treating By Our Resident Businesses 2pm-3pm Spooktacular Soirée & Costume Party By NorthStar Senior Advisors RSVP 407-949-6733	
				31 10am Handling Home Emergencies By MobileMedix Plus RSVP 407-949-6733 2pm Movie Matinee: The Rocky Horror Picture Show By One Senior Place RSVP 407-949-6733



13TH ANNUAL ONE SENIOR PLACE SPECIAL EVENT

MEDICARE 2026 EDUCATION EVENT

FREE SPECIAL EVENT!



VENDORS!
DOOR PRIZES!
RESOURCES!
Q&A!

FRIDAY,
OCTOBER 3RD, 2025
10:00 AM – 12:00 PM

For accommodations of persons with special needs at meetings call 407-949-6733.

Join us for a **FREE**, no obligation educational event about the **NEW MEDICARE CHANGES** for 2026.

- The differences between Medicare supplements and advantage plans
- How to avoid penalties
- Preventative services covered by Medicare
- Techniques for saving money on prescription drugs
- More! You'll have the opportunity to speak directly with insurance specialists.

Joe Santiago
Independent Agent
Senior Plan Options



Thanks to Our Sponsors



RSVP Required 407-949-6733 | 715 Douglas Avenue Altamonte Springs



A SPECIAL EVENT
HONORING OUR VETERANS



★ ★ ★ ★ 8th ANNUAL ★ ★ ★ ★ EVERY DAY IS VETERANS DAY!

Veteran's Resources, Raffles, Music & More!



Keynote Speaker Nora Sewell joined the U.S. Army after high school, serving two and a half tours. She began her career at Fort Jackson, SC, and Fort Harrison, IN, with duty stations including Fort Stewart, GA; Rose Barracks in Bad Kreuznach, Germany; and Fort Carson, CO. Nora's favorite experiences were boot camp and field exercises, where she developed enduring traits like teamwork, endurance, integrity, trust, and the ability to push beyond limits—qualities that continue to guide her today.

Friday, October 24th | 2:00pm – 3:30pm | Call 407-949-6733 to RSVP.

One Senior Place | 715 Douglas Avenue, Altamonte Springs, FL 32714

