

Monday	Tuesday	Wednesday	Thursday	Friday
 @oneseniorplace  One Senior Place Orlando  @oneseniorplace  @oneseniorplace		 <p>TECH DRIVE DONATE YOUR GENTLY-USED DEVICES! COLLECTING DEVICES BETWEEN: Monday, January 12th - Thursday, February 12th 715 Douglas Avenue, Altamonte Springs</p>	 <p>CLOSED <i>Happy New Year</i></p>	
<p>5</p> <p>10am Senior Club: Rummikub 10am Benefits of Castanets By One Senior Place RSVP 407-949-6733 2pm SAIL Balance Class RSVP 407-949-6733</p>	<p>6</p> <p>9am Private Event By One Senior Place 1pm Art Connects By One Senior Place RSVP 407-949-6733 2pm Chair Strength & Exercise Class By One Senior Place RSVP 407-949-6733</p>	<p>7</p> <p>10am Musical Minds By Central Florida Community Arts 1pm Private Event 2pm SAIL Balance Class RSVP 407-949-6733</p>	<p>8</p> <p>10:30am Veterans Benefits & In-Home Care: What You Need To Know By Home Instead RSVP 407-949-6733 1pm Private Event 2pm Pinecone Centerpiece Craft By AdventHealth Well 65+ RSVP 407-949-6733</p>	<p>9</p> <p>10:30am Your Questions Answered: Estate Planning Open Forum with the Legal Experts By Murphy & Berglund RSVP 407-949-6733 2pm Movie Matinee: Jurassic World Rebirth By One Senior Place RSVP 407-949-6733</p>
<p>12</p> <p>10am Senior Club: Rummikub 10am Benefits of Castanets By One Senior Place RSVP 407-949-6733 10:30am How to Prevent a Stroke By VITAS Healthcare 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</p>	<p>13</p> <p>10am Super Bingo! By Charter Research RSVP 407-337-3000 12pm Vision Board Workshop By Charter Research RSVP 407-337-3000 1pm Art Connects By One Senior Place RSVP 407-949-6733 3pm Laughter Yoga By Charter Research RSVP 407-326-9000</p>	<p>14</p> <p>10am Musical Minds By Central Florida Community Arts 1pm Private Event 2pm SAIL Balance Class RSVP 407-949-6733</p> 	<p>15</p> <p>10:30am Clean Eating, Clean Living: How Good Choices Affect Your Health By Senior Plan Options RSVP 407-949-6733 1pm Private Event 2pm 2026 Financial Reset: Social Security, Taxes & Planning Essentials By New York Life RSVP 407-949-6733</p>	<p>16</p> <p>9am- 3pm Memory & Liver Screenings By Charter Research RSVP 407-326-9000 10:30am A Resolution for Real Life: Estate Planning 2026 By Bullard Law RSVP 407-949-6733 10:30am A Stronger Support System: Independence for Members, Relief for Caregivers By Right Choice Adult Care RSVP 407-949-6733 1pm Grief Support Group By VITAS Healthcare RSVP 407-949-6733 2pm Tai Chi By One Senior Place RSVP 407-949-6733</p>
<p>19</p> <p>10am Senior Club: Rummikub 10am Benefits of Castanets By One Senior Place RSVP 407-949-6733 10am Bingo By AdventHealth Well 65+ RSVP 407-949-6733 2pm SAIL Balance Class RSVP 407-949-6733</p>	<p>20</p> <p>8:30am Private Event By Jewish Chamber of Commerce 11am Create Your Own Vision Board! By North Star Senior Advisors RSVP 407-949-6733 1pm Art Connects By One Senior Place RSVP 407-949-6733</p>	<p>21</p> <p>10am Musical Minds By Central Florida Community Arts 1pm Private Event 2pm SAIL Balance Class RSVP 407-949-6733 2pm Creative Expressions Water Painting By First Day Homecare RSVP 407-949-6733</p>	<p>22</p> <p>9am-3pm AARP Safe Drivers Class By AARP RSVP 407-949-6733 10:30am Communication and Dementia Workshop By ADRC RSVP 407-949-6733 1pm Private Event</p> 	<p>23</p> <p>9AM - 12 PM FREE HEALTH SCREENINGS BY THE FL. HEALTH DEPT. OF SEMINOLE COUNTY</p> <p>KICK OFF '26 WITH A BRAIN BOOST</p> <p>Friday, January 23rd 9:00 AM - 3:00 PM</p> <p>HEALTH FAIR + PANEL DISCUSSIONS RSVP at 407-949-6733</p> 
<p>26</p> <p>9:30am Learn to Play Texas Hold Em' By Senior Plan Options RSVP 407-949-6733 10am Casino Day By Senior Plan Options RSVP 10am Benefits of Castanets By One Senior Place RSVP 407-949-6733 2pm SAIL Balance Class RSVP 407-949-6733</p>	<p>27</p> <p>10:30am The Impact of Alzheimer's and Dementia in Our Community By The Alzheimer's Association RSVP 1pm Art Connects By One Senior Place RSVP 2pm Start 2026 Strong — Protecting Your Family Without Sacrificing Your Assets By The Rodriguez Estate Planning & Elder Law Firm RSVP 407-949-6733</p>	<p>28</p> <p>10am Musical Minds By Central Florida Community Arts 1pm Private Event 2pm SAIL Balance Class RSVP 407-949-6733 2pm Planning For The Future Workshop By The Miller Realty Group RSVP 407-949-6733</p>	<p>29</p> <p>10:30am See Orlando Before Walt Did By One Senior Place RSVP 407-949-6733 1pm Private Event 2pm Untold Stories of America: Librarians on Horseback By One Senior Place RSVP 407-949-6733</p>	<p>30</p> <p>10:30am Technology Education By ItxSolutions RSVP 407-949-6733 2pm Chair Strength & Exercise Class By ComForCare RSVP 407-949-6733</p>

KICK OFF '26 WITH A BRAIN BOOST

FRIDAY, JANUARY 23RD
FROM 9AM-3PM



Kick off the new year with events that boosts brain health and overall well-being.

DAYS EVENTS:

9:00 AM	HEALTH FAIR An hour dedicated to empowering wellness, vitality, and joy.	12:00 PM	LUNCH & LEARN: FOODS THAT PROMOTE BRAIN HEALTH
10:00 AM	DANCING FOR DEMENTIA	1:00 PM	NORMAL AGING VS. DEMENTIA WARNING SIGNS AND EARLY DETECTION
11:00 AM	WHAT IS UNDER THE DEMENTIA UMBRELLA?	2:00 PM	THE ART OF LIVING WELL
























RSVP at 407-949-6733

WIN PRIZES!

715 Douglas Avenue, Altamonte Springs, FL 32714






Did you get a new laptop or tablet for the holidays and have an old one to get rid of?

Did your grandkids leave their old laptop at your house and you need to get rid of it?



DONATE YOUR
GENTLY-USED DEVICES!



We are collecting devices between January 12 and February 12.

Drop off your devices at 715 Douglas Ave, Altamonte Springs!



info@aeras.foundation



www.aeras.foundation