

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>@oneseniorplace One Senior Place Orlando @oneseniorplace @oneseniorplace</p>		<p>1 10am- 2pm AARP Tax Preparation By AARP RSVP 10am Musical Minds By Central Florida Community Arts 1pm Private Event 2pm Don't Go Broke Paying for a Nursing Home By Flammia Elder Law Firm RSVP 407-478-8700</p>	<p>2 10:30am Name the Best TV Theme Songs of All Time By One Senior Place RSVP 407-949-6733 1pm Private Event 2pm Chair Strength & Cardio Exercise Class By ComForCare RSVP 407-949-6733</p>	<p>3 10:30am Easy, Fun, and Iconic: 'Thriller' Dance Workshop By Frank Jr. Buys Houses RSVP 407-949-6733 11am-3pm Lipid & Lpa Screenings By Flourish Research RSVP 407-949-6733 2pm Movie Matinee: La La Land By One Senior Place RSVP 407-949-6733</p>
<p>6 10am Senior Club: Rummikub 10am Benefits of Castanets By One Senior Place RSVP 10am Private Event By Jewish Pavilion Senior Services 2pm Tai Chi By One Senior Place RSVP 407-949-6733</p> 	<p>7 9am Private Event By One Senior Place 1pm Art Connects By One Senior Place RSVP 407-949-6733 2pm Chair Strength & Cardio Exercise Class By One Senior Place RSVP 407-949-6733 2pm The Triple Threat: Heart Health By Herzing University School of Nursing RSVP 407-949-6733</p>	<p>8 10am-2pm AARP Tax Preparation By AARP RSVP 10am Musical Minds By Central Florida Community Arts 1pm Private Event</p>	<p>9 9:30am The Truth About Estate Planning By Hoyt & Bryan RSVP 407-949-6733 1pm Private Event 2pm The Truth About Medicaid Planning By Hoyt & Bryan RSVP 407-949-6733 2pm Quit Smoking Support Group By Tobacco Free FL. RSVP 407-716-6392</p>	<p>10 8:30am-5pm Private Event By Canadian Medstore 12:30pm Grief Support Group By VITAS Healthcare</p>
<p>13 10am Senior Club: Rummikub 10am Benefits of Castanets By One Senior Place RSVP 11:30am-1pm Private Event By Jewish Pavilion Senior Services 2pm Zumba Class By One Senior Place RSVP 407-949-6733 2pm- 3:30pm Diabetes Empowerment Education Program By Florida Health RSVP 407-949-6733 4pm Caregiver Support Group By The Alzheimer's Association RSVP 407-949-6733</p>	<p>14 10am Clinical Research Panel By Charter Research RSVP 407-337-3000 12pm Spring Painting By Charter Research RSVP 407-337-3000 1pm Art Connects By One Senior Place RSVP 407-949-6733 3pm Country Music Bingo By Charter Research RSVP 407-326-9000</p>	<p>15 10am-2pm AARP Tax Preparation By AARP RSVP 10am Musical Minds By Central Florida Community Arts 1pm Private Event 2pm Paper Flower Bouquet Craft By AdventHealth Well 65+ RSVP 407-949-6733</p>	<p>16 10:30am 70's TV Show Musical Bingo By CenterWell RSVP 407-949-6733 1pm Private Event 2pm Chair Strength & Cardio Exercise Class By ComForCare RSVP 407-949-6733</p> 	<p>17 10:30am Technology Q&A By ITXSolutions RSVP 407-949-6733 2pm Tai Chi By First Day Homecare RSVP 407-949-6733</p>
<p>20 10am Bingo By AdventHealth Well 65+ RSVP 407-949-6733 10am Benefits of Castanets By One Senior Place RSVP 2pm- 3:30pm Diabetes Empowerment Education Program By Florida Health RSVP 407-949-6733 2pm Zumba Class By Seniors Helping Seniors Orlando West RSVP 407-949-6733</p>	<p>21 8:30am Private Event By Jewish Chamber of Commerce 11:30am-1:30pm Private Event By Altamonte Family Hearing 1pm Art Connects By One Senior Place RSVP 407-949-6733 2:30pm Spring Clean Your Life: Get Your Estate Plan in Order By The Rodriguez Estate Planning & Elder Law Firm RSVP 407-949-6733</p>	<p>22 10am Musical Minds By Central Florida Community Arts 1pm Private Event 2pm Chair Strength & Cardio Exercise By One Senior Place RSVP 407-949-6733</p>	<p>23 9am-3:30pm AARP Safe Driving Class By AARP RSVP 407-949-6733 1pm Private Event</p>	<p>24 9am-12pm Free Health Screenings By The FL. Health Dept. of Seminole County A Taste of Senior Living Friday, April 24th From 1 PM - 3 PM RSVP at 407-949-6733</p>
<p>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 10am Benefits of Castanets By One Senior Place RSVP 2pm- 3:30pm Diabetes Empowerment Education Program By Florida Health RSVP 407-949-6733 2pm Healthy Habits for You & Your Pet By New York Life RSVP 407-949-6733</p>	<p>28 10:30am Solo Seniors Support Group By One Senior Place RSVP 407-949-6733 1pm Art Connects By One Senior Place RSVP 407-949-6733 1pm Declutter Your Home for the Spring Market By The Miller Realty Group RSVP 321-221-7685 2pm Spring Floral Arrangement & Social By Nurse Pop-Ins & Senior Concierge RSVP 407-949-6733</p>	<p>29 10am Musical Minds By Central Florida Community Arts 1pm Private Event 2pm Ask The Doctor: Fall Prevention By First Day Homecare RSVP 407-949-6733</p>	<p>30 10:30am Untold Stories of America By One Senior Place RSVP 407-949-6733 1pm Private Event 2pm Avoiding Probate in Florida: What Every Florida Senior Should Know By Bullard Law RSVP 407-949-6733 2pm Chair Strength & Cardio Exercise By One Senior Place RSVP 407-949-6733</p>	 

A Taste of Senior Living



Friday, April 24th From 1 PM - 3 PM

Learn more about some of Central Florida's premier senior living communities while savoring delicious samples from their Chef Competition. Taste, enjoy, and vote for the Best Appetizer and Best Dessert Chef in Senior Living!

- Appetizer & Dessert Samples
- Senior Living Resources
- Door Prizes & Giveaways
- Vendors & Information



Winning Chefs will be announced at 2:45pm.
Door prizes will be awarded every half-hour!

715 DOUGLAS AVENUE, ALTAMONTE SPRINGS, FL | RSVP 407-949-6733



YOUR MONEY, YOUR FUTURE: SIMPLE STEPS TO FINANCIAL FREEDOM

Hosted By Finance Fitness



Saturday, April 18th
From 11 AM - 2 PM

715 Douglas Avenue, Altamonte Springs, FL 32714

Take Control of Your Financial Future & Elevate Your Business

- Build Guaranteed Retirement Income Strategies
- Protect Wealth from Market Volatility
- Understand Tax-Efficient Planning
- Plan for Long-Term Care & Estate Needs
- Grow & Scale Your Business Strategically
- Develop Multiple Income Streams
- Strengthen Your Entrepreneurial Mindset



Featuring Udgit Mehta

Founder, Finance Fitness
Master's Degree | Certified National Entrepreneur
Helping Families & Business Owners
Build Strong Financial Foundations

Limited Seating Available –
Reserve Your Spot Today

Call 407-949-6733

*Lunch provided: Vegetarian Indian cuisine