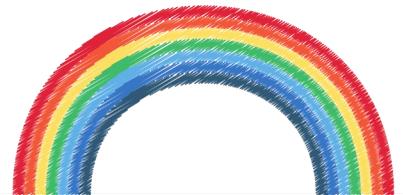


Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
<p>10am Senior Club: Rummikub 10am Benefits of Castanets By One Senior Place RSVP 407-949-6733</p> <p>10am Private Event By Jewish Pavilion Senior Services 2pm Zumba By One Senior Place RSVP 407-949-6733</p>	<p>9am Private Event By One Senior Place 1pm Art Connects By One Senior Place RSVP 407-949-6733</p> <p>2pm Navigating Social Security Changes: What Seniors Need to Know By YOUR Social Security Pro RSVP 407-949-6733</p>	<p>10am-2pm AARP Tax Preparation By AARP RSVP 10am Musical Minds By Central Florida Community Arts 1pm Private Event</p> <p>2pm Don't Go Broke Paying for a Nursing Home By Flammia Elder Law Firm RSVP 407-478-8700</p>	<p>10:30am Golden Oldies Musical Bingo By CenterWell RSVP 407-949-6733</p> <p>1pm Private Event</p> <p>2pm Let's Be Clear! Skin Cancer is Just Not Fair By Advanced Dermatology & Cosmetic Surgery RSVP 407-949-6733</p>	<p>10:30am Tips For Colorful Eating By One Senior Place RSVP 407-949-6733</p> <p>2pm Music, Magic, & Comedy Show By Nurse Pop-Ins & Senior Concierge RSVP 407-949-6733</p>
9	10	11	12	13
<p>10am Senior Club: Rummikub 10am Benefits of Castanets By One Senior Place RSVP 10:30am Medicare Seminar By Health First Health Plans RSVP 407-949-6733</p> <p>2pm NY Times Games By One Senior Place RSVP 407-949-6733 4pm Caregiver Support Group By The Alzheimer's Association RSVP</p>	<p>11am Beginner's Line Dance Class By Charter Research RSVP 407-326-9000</p> <p>1pm Art Connects By One Senior Place RSVP 1pm Planning Early When Memory Changes Begin Lunch & Learn By Charter Research RSVP 407-326-9000 3pm Rock and Roll Bingo By Charter Research RSVP 407-863-1328</p>	<p>10am-2pm AARP Tax Preparation By AARP RSVP 10am Musical Minds By Central Florida Community Arts 1pm Private Event</p> <p>2pm Chair Strength & Exercise Class By One Senior Place RSVP 407-949-6733</p>	<p>10:30am Ask the Property Appraiser By Frank Jr. Buys Houses RSVP 407-949-6733</p> <p>1pm Private Event</p> <p>2pm Quit Smoking Support Group By Tobacco Free FL. RSVP 407-716-6392</p> <p>2pm Legends of the Irish By One Senior Place RSVP 407-949-6733</p>	<p>9am-3pm Free Liver Screenings By Charter Research RSVP 407-326-9000</p> <p>10:30am Understanding Your Finances: Social Security, Taxes, & More By New York Life RSVP 407-949-6733</p> <p>2pm Crochet Flower Book Mark Craft By AdventHealth Well 65+ RSVP 407-949-6733</p>
16	17	18	19	20
<p>10am Bingo By AdventHealth Well 65+ RSVP 407-949-6733</p> <p>10am Benefits of Castanets By One Senior Place RSVP 407-949-6733</p> <p>1:30pm Movie Matinee: Experience the Beauty of Ireland in the Romantic Comedy, 'The Quiet Man' RSVP 407-949-6733</p>	<p>8:30am Private Event By Jewish Chamber of Commerce</p> <p>11am Solo Senior Support Group By One Senior Place RSVP 407-949-6733</p> <p>1pm Art Connects By One Senior Place RSVP 407-949-6733</p> <p>2pm Breakthroughs in Hearing Care By Altamonte Family Hearing RSVP 407-949-6733</p> 	<p>10am-2pm AARP Tax Preparation By AARP RSVP 10am Musical Minds By Central Florida Community Arts 1pm Private Event</p> <p>2pm Water Color Painting By First Day Homecare RSVP 407-949-6733</p>	<p>10:30am Guess the Soda! Taste Test! By One Senior Place RSVP 407-949-6733</p> <p>1pm Private Event</p> <p>2pm Movie Matinee: Song Sung Blue By One Senior Place RSVP 407-949-6733</p> 	<p>8:30am-4pm Mobile Mammogram Screenings By The FL. Health Dept. of Seminole County</p> <p>10:30am Senior Smarts: Identifying Common Scams By Seminole County Community Health RSVP 407-949-6733</p> <p>12:30pm Grief Support Group By VITAS Healthcare</p> <p>2pm Tai Chi By One Senior Place RSVP 407-949-6733</p>
23	24	25	26	27
<p>9:30am Learn to Play Texas Hold Em' By Senior Plan Options RSVP 407-949-6733</p> <p>10am Casino Day By Senior Plan Options RSVP</p> <p>10am Benefits of Castanets By One Senior Place RSVP</p> <p>2pm Medicare Seminar By Health First Health Plans RSVP 407-949-6733</p> <p>2pm Annuities & Long Term Care 101 By Finance Fitness RSVP 407-949-6733</p>	<p>10:30am Using Acupuncture & Herbal Remedies for Pain Relief By Medosh Integrative Medicine RSVP 407-949-6733</p> <p>1pm Art Connects By One Senior Place RSVP</p> <p>1pm Why Spring is the Best Time to Sell By The Miller Realty Group RSVP 407-949-6733</p> <p>2pm Chair Strength & Exercise Class By ComForCare RSVP 407-949-6733</p>	<p>10am-2pm AARP Tax Preparation By AARP RSVP 10am Musical Minds By Central Florida Community Arts 1pm Private Event</p> <p>3pm-5pm Private Networking Event By Ansley Court, Home Instead, First Day Homecare, and Nurse Pop-Ins & Senior Concierge</p>	<p>9am-3:30pm AARP Safe Drivers Class By AARP RSVP 407-949-6733</p> <p>10:30am Peace, Love, and Trivia By Seniors Helping Seniors East Central RSVP 407-949-6733</p> <p>1pm Private Event</p> <p>2pm Plan Now, Protect Later: Estate Planning Essentials for Seniors By Bullard Law RSVP 407-949-6733</p>	<p>FREE HEALTH SCREENINGS BY THE FL. HEALTH DEPT. OF SEMINOLE COUNTY</p> <p>Spring INTO SPRING</p> <p>FRIDAY, MARCH 27TH</p> <p>FROM 10 AM - 3 PM</p> <p>RSVP at 407-949-6733</p> 
30	31			
<p>10am Senior Club: Rummikub 10am Benefits of Castanets By One Senior Place RSVP 10:30am Visit the Largest Home in Every State By One Senior Place RSVP 407-949-6733</p> <p>2pm Zumba Chair Class By One Senior Place RSVP 407-949-6733</p>	<p>10:30am Alleviating Chronic Back Pain By Fyzical Therapy & Balance Center RSVP 407-949-6733</p> <p>1pm Art Connects By One Senior Place RSVP 407-949-6733</p> <p>2pm Everyday Life in Bible Times By One Senior Place RSVP 407-949-6733</p>			<p> @oneseniorplace</p> <p> One Senior Place Orlando</p> <p> @oneseniorplace</p> <p> @oneseniorplace</p>

Spring INTO SPRING

A refreshing day of inspiration, education, and fun designed to help you feel energized, organized, and ready for the Spring season.

Friday, March 27th

from 10am - 2:30pm

Event Schedule:

10am The Allergy Arsenal



11am Decluttering
Your Mind & Space



12pm Walk the Red
Carpet w/ Lunch

1:30pm Spring House
Cleaning Tips



2:30pm Create Your Own
Spring Bouquet



RSVP at 407-949-6733

715 Douglas Avenue, Altamonte Springs, FL 32714

FOOD DRIVE

BENEFITING SENIORS
INTERVENTION GROUP

Drop off anytime between
8:30 am - 5:00 pm



MONDAY, MARCH 23RD - FRIDAY, APRIL 3RD

ITEMS NEEDED:

NON-PERISHABLE FOOD ITEMS-

- Cereal
- Mac & Cheese
- Soup
- Canned Meat
- Oatmeal
- Pasta
- Pasta Sauce
- Boost and/or Ensure

PERSONAL CARE ITEMS-

- Shampoo
- Soap
- Deodorant
- Toothpaste
- Mouthwash liquid
- Body wash
- Disposable razors
- Body lotion

PET FOOD-

- Dog canned or dry
- Kitty canned or dry

FOR MORE INFORMATION
CALL

407-949-6733

One Senior Place
715 Douglas Avenue
Altamonte Springs, FL 32714

