



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

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 23<sup>RD</sup> - FRIDAY, APRIL 3<sup>RD</sup>

## 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

