

Monday	Tuesday	Wednesday	Thursday	Friday
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<p>10am Senior Club: Rummikub 10am Benefits of Castanets By One Senior Place RSVp 10am Private Event By Jewish Pavilion Senior Services 2pm Chair Strength &amp; Cardio with Instructor Dara Queen By ComForCare RSVp 407-949-6733</p> <p style="text-align: right;">1</p>	<p>9am Private Event By One Senior Place 1pm Art Connects By One Senior Place RSVp 407-949-6733 2pm Chair Strength &amp; Cardio with Instructor Jamie Field By One Senior Place RSVp 407-949-6733</p> <p style="text-align: right;">2</p>	<p>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 RSVp 407-478-8700</p> <p style="text-align: right;">3</p>	<p>10:30am Backstories Behind the 250th Birthday of America By One Senior Place RSVp 407-949-6733 1pm Private Event 1:30pm Managing Your Heart Health By The FL. Health Dept. of Seminole County RSVp 407-665-3391 2pm Brain Games By Arden Courts Memory Care RSVp 407-949-6733</p> <p style="text-align: right;">4</p>	<p>11:30am- 1:30pm Private Event By The Seminole Education Association 12:30pm Grief Support Group By VITAS Healthcare RSVp 407-949-6733 2:30pm Movie Matinee: Young Mr. Lincoln By One Senior Place RSVp 407-949-6733</p> <p style="text-align: right;">5</p>
<p>10am Senior Club: Rummikub 10am Benefits of Castanets By One Senior Place RSVp 10:30am Musical Bingo By CenterWell RSVp 407-949-6733 2pm Tai Chi with Instructor Ty Arnold By One Senior Place RSVp 407-949-6733 4pm Caregiver Support Group By The Alzheimer's Association RSVp 407-949-6733</p> <p style="text-align: right;">8</p>	<p>10am Reverse Mortgages: What You Need to Know By HECM Association RSVp 407-949-6733 12pm Watercolor Paint Class By Charter Research RSVp 407-337-3000 1pm Art Connects By One Senior Place RSVp 407-949-6733 3pm Chair Yoga By Charter Research RSVp 407-326-9000</p> <p style="text-align: right;">9</p>	<p>10am Musical Minds By Central Florida Community Arts 1pm Private Event 2pm Easy, Fun, and Iconic: 'Thriller' Dance Workshop By Frank Jr. Buys Houses RSVp 407-949-6733</p> <p style="text-align: right;">10</p>	<p>10:30am Long Term Care Seminar By The Rodriguez Estate Planning &amp; Elder Law Firm RSVp 407-949-6733 1pm Private Event 2pm Stop Smoking Support Group By Tobacco Free FL. RSVp 407-716-6392 2pm Bracelet Making Workshop By AdventHealth Well 65+ RSVp 407-949-6733</p> <p style="text-align: right;">11</p>	<p style="text-align: center;">  <b>EVERY DAY IS VETERANS DAY!</b>  <b>Call 407-949-6733 to RSVp</b>  <b>Friday, June 12th 2:00pm - 3:30pm</b>  <i>Honoring Our Heroes with Resources, Music, Raffles &amp; More!</i> </p> <p style="text-align: right;">12</p>
<p>10am Senior Club: Rummikub 10am Benefits of Castanets By One Senior Place RSVp 10am Bingo By AdventHealth Well 65+ RSVp 407-949-6733 1pm-3pm One Community: One Initiative-Community Update with Sheriff Lemma By The Seminole County Sheriff's Office RSVp 407-949-6733</p> <p style="text-align: right;">15</p>	<p>8:30am Private Event By Jewish Chamber of Commerce 11am Solo Seniors Connection Support Group By One Senior Place RSVp 407-949-6733 1pm Art Connects By One Senior Place RSVp 1pm-3pm You're Invited to Nurse Pop-Ins Office Grand Opening! By Nurse Pop-Ins &amp; Senior Concierge</p> <p style="text-align: right;">16</p>	<p>10am Musical Minds By Central Florida Community Arts 1pm Private Event 1pm-2:30pm One Community: One Initiative-Identifying Financial Cons &amp; Scams By The Seminole County Sheriff's Office RSVp 407-949-6733</p> <p style="text-align: right;">17</p>	<p>10:30am Everyday AI: How to Use AI to Elevate Your Life By Educational Technology Dept. of FL. State College at Jacksonville RSVp 407-949-6733 10:30am Hiring Event By Home Instead RSVp 407-949-6733 1pm Private Event 2pm Backstories Behind the 250th Birthday of America By One Senior Place RSVp 407-949-6733</p> <p style="text-align: right;">18</p>	<p>1pm-2:30pm One Community: One Initiative-Women's Self Defense Class By The Seminole County Sheriff's Office RSVp 407-949-6733</p> <p style="text-align: right;">19</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 Senior Club: Rummikub 10am Benefits of Castanets By One Senior Place RSVp 407-949-6733 2pm Tai Chi with Instructor Ty Arnold By Finance Fitness RSVp 407-949-6733</p> <p style="text-align: right;">22</p>	<p>10am Understanding HECMs &amp; Reverse Mortgages By HECM Association RSVp 407-949-6733 10:30am How to Protect Your Family, Income &amp; Assets in Retirement By Finance Fitness RSVp 407-949-6733 1pm Art Connects By One Senior Place RSVp 2pm Chair Strength &amp; Cardio with Instructor Jamie Field By One Senior Place RSVp 407-949-6733</p> <p style="text-align: right;">23</p>	<p>10am Musical Minds By Central Florida Community Arts 10:30am Ask the Doctor: Fall Prevention By First Day Homecare RSVp 407-949-6733 1pm Private Event 2pm The Voice of the King: A Live Elvis Tribute By Charter Research RSVp 407-326-9000</p> <p style="text-align: right;">24</p>	<p>9am-3:30pm AARP Safe Driving Class By AARP RSVp 407-949-6733 1pm Private Event 2pm How to Skip Probate and Keep Your Life's Work in the Family Where It Belongs By Bullard Law RSVp 407-949-6733</p> <p style="text-align: right;">25</p>	<p>9am-12pm Free Health Screenings By The FL. Health Dept. of Seminole County 1:30pm Movie Matinee: Forrest Gump By One Senior Place RSVp 407-949-6733</p> <p style="text-align: right;">26</p>
<p>10am Senior Club: Rummikub 10am Benefits of Castanets By One Senior Place RSVp 407-949-6733 10:30am TBD By Sunshine Pharmacy RSVp 407-949-6733 2pm TBD By Amada Senior Care RSVp 407-949-6733</p> <p style="text-align: right;">29</p>	<p>10:30am Solo Seniors Connection Support Group By One Senior Place RSVp 407-949-6733 1pm Art Connects By One Senior Place RSVp 407-949-6733 2pm Chair Strength &amp; Cardio with Instructor Dara Queen By ComForCare RSVp 407-949-6733</p> <p style="text-align: right;">30</p>			<p>  @oneseniorplace   One Senior Place Orlando   @oneseniorplace   @oneseniorplace         </p>



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**EVERY DAY IS VETERANS DAY!**

**Friday, June 12th**  
**2:00pm – 3:30pm**

*Honoring Our Heroes with  
 Resources, Music, Raffles & More!*  
 Music brought to you by CFCArts and ComForCare



**Keynote Speaker**

Lt. Col. Tony Schwalm, former Commander in the United States Army Special Forces is a veteran of multiple combat deployments. His military career of 30+ years saw him transition from a tank commander in Operation Desert Storm, where he was awarded the Bronze Star for Valor, to becoming a Green Beret and later Commander of Special Forces training at Ft. Bragg. After the attacks of September 11th, Col. Schwalm served with the U.S. Special Operations Command. As a civilian working with the Department of the Army, Tony led a team supporting counterinsurgency operations. Author of *The Guerilla Factory: The Making of Special Forces Officers—The Green Berets*, Schwalm redesigned the formal training program for entry into the United States Army Special Forces.

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

**Call 407-949-6733 to RSVP**



**THE SEMINOLE COUNTY SHERIFF'S OFFICE PRESENTS:**  
**SAFETY INFORMATION SESSIONS**

Join us for a series of safety sessions designed to help residents stay safe, informed, and prepared.

Whether you would like to hear directly from Sheriff Dennis Lemma, are looking to better protect yourself from financial scams, or learn practical self-defense strategies, these presentations offer valuable information for everyday life.

**Sheriff Dennis M. Lemma**  
 Monday, June 15th 1:00 - 3:00 pm

**Financial Cons & Scams**  
 Wednesday, June 17th 1:00 - 2:30 pm

**Women's Self-Defense Presentation**  
 Friday, June 19th 1:00 - 2:30 pm



Register to attend all three days or pick your favorite topic.  
 To register, please call 407-949-6733.