





Monday Tuesday Wednesday Thursday Friday

 @oneseniorplace
 One Senior Place Orlando
 @oneseniorplace
 @oneseniorplace

715 Douglas Avenue, Altamonte Springs
 Mon-Fri 8:30am - 5:00pm
 Visit [OneSeniorPlace.com](https://www.oneseniorplace.com) or call 407-949-6733
 for more information.
All events are subject to change



10am-12pm Private Event By Bluestone Physicians Services
 10am-1pm Comprehensive Screenings By Care Access RSVP 407-949-6733
 1:30pm Movie Matinee: F1 By One Senior Place RSVP 407-949-6733

4
 10am Senior Club: Rummikub
 10am Benefits of Castanets By One Senior Place RSVP
 10am Private Event By Jewish Pavilion Senior Services
 2pm- 3:30pm Diabetes Empowerment Education Program By Florida Health RSVP 407-949-6733
 2pm Smart Financial Strategies: A Lasting Gift for Your Graduate By New York Life RSVP 407-949-6733

5
 9am Private Event By One Senior Place
 1pm Art Connects By One Senior Place RSVP 407-949-6733
 2pm Chair Strength & Cardio By One Senior Place RSVP 407-949-6733


6
 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

7
 10:30am - 12pm British Tea By Cambridge Planning Group 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
 4pm-6pm Private Event By The Ashar Group


8
 10:30am Untold Stories of America: Celebrating America's 250th Birthday By One Senior Place RSVP 407-949-6733
 12:30pm Grief Support Group By VITAS Healthcare RSVP 407-949-6733
 2pm Chair Strength & Cardio By ComForCare RSVP 407-949-6733

11
 10am Senior Club: Rummikub
 10am Benefits of Castanets By One Senior Place RSVP
 10:30am NY Times Word Games By One Senior Place RSVP
 2pm- 3:30pm Diabetes Empowerment Education Program By Florida Health RSVP 407-949-6733
 2pm Learn to Play the Ukulele by R&R Guitars RSVP 407-949-6733
 4pm Caregiver Support Group By The Alzheimer's Association RSVP 407-949-6733

12
 10am Breakfast & Learn: Understanding Depression By Charter Research RSVP 407-337-3000
 12pm Live Musical Piano By Charter Research RSVP 407-337-3000
 1pm Art Connects By One Senior Place RSVP
 1pm Planning For the Future & Beyond By The Miller Realty Group RSVP 321-221-7685

13
 10am Musical Minds By Central Florida Community Arts
 1pm Private Event
 2pm Live Life Your Way: Discover Active Adult Living By Terracotta Terrace RSVP 407-949-6733

14
 10:30am Is Your Estate Plan Done Yet? By The Rodriguez Estate Planning & Elder Law Firm 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 Stop Smoking Support Group By Tobacco Free FL RSVP 407-716-6392
 2pm Punch Art/ Embroidery Craft By AdventHealth Well 65+ RSVP 407-949-6733

15
 9am-12pm Free Health Screenings By The FL. Health Dept. of Seminole County

2026 WOMEN'S DAY
 Friday, May 15th from 10 AM - 2 PM
 To Register Call 407-949-6733

18
 10am Bingo By AdventHealth Well 65+ RSVP 407-949-6733
 10am Benefits of Castanets By One Senior Place RSVP 407-949-6733
 2pm Chair Strength & Cardio By ComForCare RSVP 407-949-6733

19
 8:30am Private Event By Jewish Chamber of Commerce
 10:30am Solo Seniors Support Group By One Senior Place RSVP 407-949-6733
 1pm Art Connects By One Senior Place RSVP
 2pm Peace of Mind: Estate Planning Essentials for Seniors By Bullard Law RSVP 407-949-6733
 2pm Hearing Loss & Dementia By ADRC & Altamonte Family Hearing RSVP 407-705-2042

20
 10am Musical Minds By Central Florida Community Arts
 1pm Private Event
 2pm Water Color Painting By First Day Homecare RSVP 407-949-6733

21
 10:30am Volunteer Recruitment Event By VITAS Healthcare 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 Chair Strength & Cardio By One Senior Place RSVP 407-949-6733

22
 10:30am Untold Stories of America: Celebrating America's 250th Birthday By One Senior Place RSVP 407-949-6733
 2pm Movie Matinee: Solo Mio By Charter Research RSVP 407-326-9000

☆☆☆ **CLOSED** ☆☆☆ 25
 for

MEMORIAL DAY

26
 10:30am Make Your Own Kimchi By One Senior Place RSVP 407-949-6733
 1pm Art Connects By One Senior Place RSVP 407-949-6733
 2pm The Invisible Connection: Hearing Loss & Balance By Altamonte Family Hearing & Fyzical Therapy Altamonte Springs RSVP 407-949-6733

27
 10am Musical Minds By Central Florida Community Arts
 1pm Private Event
 2pm Paint Your Own Birdhouse Craft By Nurse Pop-Ins & Senior Concierge RSVP 407-949-6733

28
 9am-3:30pm AARP Safe Driving Class By AARP 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

29
 9:30am Learn to Play Texas Hold Em' By Senior Plan Options RSVP 407-949-6733
 10am Casino Day By Senior Plan Options RSVP
 2pm Zumba Chair Class By One Senior Place RSVP 407-949-6733


Full Schedule on the Back



2026 WOMEN'S DAY



Honoring you this Women's Day with uplifting events, wellness sessions, and connections for mind, body, and spirit.

Friday, May 15th from 10 AM - 2 PM

To Register Call 407-949-6733
715 Douglas Avenue, Altamonte Springs



★ ★ ★ ★ 9TH ANNUAL ★ ★ ★ ★ 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

