



AUGUST 2026

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



Monday		Tuesday		Wednesday		Thursday		Friday	
10am Senior Club: Rummikub 3 10am Private Event By Jewish Pavilion Senior Services 10am Benefits of Castanets By One Senior Place RSVP 407-949-6733 10:30am Technology Help Q&A By Young Men's Service League RSVP 407-949-6733 2pm SAIL Balance Class By One Senior Place RSVP		9am Private Event By One Senior Place 4 10am Private Event By HECM Association 1pm Art Connects By One Senior Place RSVP 407-949-6733 2pm Chair Strength & Cardio with Instructor Dara Queen By ComForCare RSVP 407-949-6733		10am Musical Minds By Central Florida Community Arts RSVP 407-949-6733 5 1pm Private Event 2pm SAIL Balance Class By One Senior Place RSVP		10:30am Thrive through Menopause By Cambridge Planning Group RSVP 407-949-6733 6 1pm Private Event 2pm Brain Games By Arden Courts Memory Care RSVP 407-949-6733		10:30am Free Respite Care Through Medicare & VA Benefits By Amada Senior Care Winter Springs RSVP 407-949-6733 7 12:30pm Grief Support Group By VITAS Healthcare RSVP 407-949-6733 2pm Medicaid Planning Made Simple By The Rodriguez Estate Planning & Elder Law Firm RSVP 407-949-6733	
10am Senior Club: Rummikub 10 10am Benefits of Castanets By One Senior Place RSVP 10:30am Abandoned Amusement Parks & Their Ghosts By One Senior Place RSVP 407-949-6733 10:30am-2pm Skin Cancer Screenings By Advanced Dermatology & Cosmetic Surgery RSVP 407-949-6733 2pm SAIL Balance Class By One Senior Place RSVP 4pm The Empowered Caregiver By The Alzheimer's Association RSVP 407-949-6733		12pm-3:30pm Private Event By The Hadassah League 11 10am Understanding Home Equity Loans in Retirement By HECM Association RSVP 407-949-6733		10am Musical Minds By Central Florida Community Arts RSVP 407-949-6733 12 1pm Private Event 2pm SAIL Balance Class By One Senior Place RSVP		10:30am 50's Rock 'N Roll Musical Bingo By CenterWell Primary Care RSVP 407-949-6733 13 1pm Private Event 2pm Stop Smoking Support Group By Tobacco Free FL. RSVP 407-716-6392 2pm Music, Magic & Comedy Show By Nurse Pop-Ins & Senior Concierge RSVP 407-949-6733		10:30am Maximize Your Move: Seller Options Workshop By Frank Jr. Buys Houses RSVP 407-949-6733 14 12:30pm Explore Dungeons & Dragons with Gamemaster Ken Solomon RSVP 407-949-6733 2pm Movie Matinee: The Devil Wears Prada 2 By One Senior Place RSVP 407-949-6733	
10am Senior Club: Rummikub 17 10am Benefits of Castanets By One Senior Place RSVP 10am Bingo By AdventHealth Well 65+ RSVP 407-949-6733 2pm SAIL Balance Class By One Senior Place RSVP		8:30am Private Event By Jewish Chamber of Commerce 18 11am Solo Seniors Connection Support Group By One Senior Place RSVP 407-949-6733 12pm-5pm Private Event By Altamonte Family Hearing 1pm Art Connects By One Senior Place RSVP 407-949-6733 2pm Chair Strength & Cardio with Instructor Dara Queen By ComForCare RSVP 407-949-6733		10am Musical Minds By Central Florida Community Arts RSVP 407-949-6733 19 1pm Private Event 2pm SAIL Balance Class By One Senior Place RSVP		10:30am Financial Fitness for Life By Finance Fitness RSVP 407-949-6733 20 1pm Private Event 2pm Avoiding Probate in Florida: What Seniors Need to Know By Bullard Law RSVP 407-949-6733 2pm Movie Matinee: Rule Breakers By Charter Research RSVP 407-326-9000		8:30am-3pm Private Event By Home Instead 21	
9:30am Learn to Play Texas Hold Em' By Senior Plan Options RSVP 407-949-6733 24 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 SAIL Balance Class By One Senior Place RSVP		10am Understanding Home Equity Loans in Retirement By HECM Association RSVP 407-949-6733 25 11am Elvis Musical Bingo By CenterWell Primary Care RSVP 407-949-6733 1pm Art Connects By One Senior Place RSVP 2pm Tai Chi with instructor Ty Arnold By One Senior Place RSVP 407-949-6733		10am Musical Minds By Central Florida Community Arts RSVP 407-949-6733 26 1pm Private Event 2pm Technology Help Q&A By Young Men's Service League RSVP 407-949-6733 2pm SAIL Balance Class By One Senior Place RSVP		9am-3:30pm AARP Safe Driving Class By AARP RSVP 407-949-6733 27 1pm Private Event		HEALTHY LIVING Day 28 FRIDAY, AUGUST 28TH FROM 10 AM - 3 PM	
10am Senior Club: Rummikub 31 10am Benefits of Castanets By One Senior Place RSVP 407-949-6733 10:30am Navigating Tomorrow: Budgeting for Home & Long-Term Care By First Day Homecare RSVP 407-949-6733 2pm SAIL Balance Class By One Senior Place RSVP								 @oneseniorplace  One Senior Place Orlando  @oneseniorplace  @oneseniorplace	



HEALTHY LIVING

Day

FRIDAY, AUGUST 28TH FROM 10 AM - 3 PM

A day dedicated to your health, wellness, and vitality!

Explore interactive classes, health screenings, expert tips, entertainment, and local resources to help you be your best.

715 DOUGLAS AVENUE | RSVP 407-949-6733

