



JULY 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	
 @oneseniorplace  One Senior Place Orlando  @oneseniorplace  @oneseniorplace				10am Musical Minds By Central Florida Community Arts RSVP 407-949-6733 1pm Private Event 2pm Patriotic Bingo By Home Instead RSVP 407-949-6733		10:30am Technology Help Q&A By Young Men's Service League RSVP 407-949-6733 1pm Private Event 2pm Brain Games By Arden Courts Memory Care RSVP 407-949-6733			
10am Senior Club: Rummikub 10am Benefits of Castanets By One Senior Place RSVP 10:30am Relive the Grand Opening of Disney World 1971 RSVP 407-949-6733 2pm SAIL Balance Class By One Senior Place RSVP 407-949-6733		10:30am Protect Yourself Before Hurricane Season By Seminole County Emergency Management RSVP 407-949-6733 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		1pm Private Event 2pm Thrills & Chills Dance and Ice Cream Social By Frank Jr. Buys Houses RSVP 407-949-6733		9:30am The Truth About Medicaid Planning By Hoyt & Bryan RSVP 407-977-8080 1pm Private Event 2pm The Truth About Estate Planning By Hoyt & Bryan RSVP 407-977-8080 2pm Quit Smoking Support Group By Tobacco Free FL. RSVP 407-716-6392		10:30am Leaving a Legacy By New York Life RSVP 407-949-6733 12:30pm Grief Support Group By VITAS Healthcare 2pm SAIL Balance Class By One Senior Place RSVP 407-949-6733	
10am Senior Club: Rummikub 10am Benefits of Castanets By One Senior Place RSVP 10:30am Speed Mingling By One Senior Place RSVP 407-949-6733 2pm SAIL Balance Class By One Senior Place RSVP 407-949-6733		10am More Financial Freedom Through Home Equity By HECM Association RSVP 407-949-6733 12pm Sunset Painting By Charter Research RSVP 407-326-9000 1pm Art Connects By One Senior Place RSVP 407-949-6733 3pm Plant-Based Anti-Inflammatory Diet By Charter Research RSVP 407-326-9000		1pm Private Event 2pm SAIL Balance Class By One Senior Place RSVP 407-949-6733		10:30am The Truth About Trusts: Are They Right For You? By The Rodriguez Estate Planning & Elder Law Firm RSVP 407-949-6733 1pm Private Event 2pm Movie Matinee: Project Hail Mary By Charter Research RSVP 407-326-9000		10:30am Swingin' Sixties Musical Bingo By CenterWell Primary Care RSVP 407-949-6733 2pm Tai Chi By One Senior Place RSVP 407-949-6733 	
10am Senior Club: Rummikub 10am Bingo By AdventHealth Well 65+ RSVP 407-949-6733 10am Benefits of Castanets By One Senior Place RSVP 2pm SAIL Balance Class By One Senior Place RSVP 407-949-6733		8:30am Private Event By Jewish Chamber of Commerce 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		8am-5pm Private Event By VITAS Healthcare 1pm Private Event		9am-3:30pm AARP Safe Driving Class By AARP RSVP 407-949-6733 10:30am Technology Help Q&A By Young Men's Service League RSVP 407-949-6733 1pm Private Event 2pm Creating Retirement Income That Lasts By New York Life RSVP 407-949-6733		9am-12pm Free Health Screenings By The FL. Health Dept. of Seminole County  RSVP at 407-949-6733	
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 2pm Chair Strength & Cardio with Instructor Jamie Field By One Senior Place RSVP 407-949-6733		10am More Financial Freedom Through Home Equity By HECM Association RSVP 407-949-6733 10:30am Solo Seniors Support Group By One Senior Place RSVP 407-949-6733 1pm Art Connects By One Senior Place RSVP 407-949-6733 2pm Bracelet Making Craft By AdventHealth Well 65+ RSVP 407-949-6733		9am-12:30pm Comprehensive Health Screenings By Care Access RSVP 407-949-6733 10am Musical Minds By Central Florida Community Arts RSVP 407-949-6733 1pm Private Event 2pm SAIL Balance Class By One Senior Place RSVP 407-949-6733		11am-3pm Private Event By The Estate and Business Planning Group & Senior Plan Options 1pm Private Event 		9am-3pm Private Event By The Seminole Education Association	



SUMMER FEST



FRIDAY, JULY 24TH
9 AM - 2 PM

Join us for a fun-filled summer celebration featuring
pickleball, Corvette car show, games, entertainment, and
more! Bring a friend and enjoy a fantastic day of excitement
and great company at One Senior Place!



RSVP AT 407-949-6733
715 DOUGLAS AVENUE
ALTAMONTE SPRINGS

