



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 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 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 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 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 1pm Private Event 2pm Music, Magic & Comedy Show By Nurse Pop-Ins & Senior Concierge RSVP 407-949-6733		10:30am Maximize Your Move: Seller Options Workshop & Lunch Social By Frank Jr. Buys Houses RSVP 407-949-6733 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 2pm SAIL Balance Class By One Senior Place RSVP		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 1pm Private Event 2pm SAIL Balance Class By One Senior Place RSVP		10:30am Financial Fitness for Life By Finance Fitness 20 RSVP 407-949-6733 1pm Private Event 2pm Stop Smoking Support Group By Tobacco Free FL. RSVP 407-716-6392 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 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 11am Elvis Musical Bingo By CenterWell Primary Care RSVP 407-949-6733 1pm Art Connects By One Senior Place RSVP		10am Musical Minds By Central Florida Community Arts RSVP 407-949-6733 1pm Private Event 2pm SAIL Balance Class By One Senior Place RSVP		9am-3:30pm AARP Safe Driving Class By AARP 27 RSVP 407-949-6733 1pm Private Event		HEALTHY LIVING 28 Day 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	



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

