



September 2026

715 Douglas Avenue, Altamonte Springs
Mon-Fri 8:30am - 5:00pm
Visit [OneSeniorPlace.com](https://www.1seniorplace.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	9am Private Event By One Senior Place 1 10:30am-1pm 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 2	10am-11:30am Private Event By The Health Insurance Store 3 1pm Private Event 2pm Brain Games By Arden Courts Memory Care RSVP 407-949-6733	10:30am Motown Legends Musical Bingo By CenterWell Primary Care RSVP 407-949-6733 2pm Smart Home Technologies for Aging in Place By Amada Senior Care Winter Springs RSVP 407-949-6733 4
CLOSED FOR LABOR DAY NORMAL BUSINESS HOURS RESUME TUESDAY, SEPTEMBER 8TH 	10am Making the Most of Your Home's Equity By HECM Association RSVP 407-949-6733 8 10:30am Jewelry Making Class By Amada Senior Care Winter Springs RSVP 407-949-6733 1pm Art Connects By One Senior Place RSVP 407-949-6733 2pm Managing Arthritis & Joint Pain By First Day Homecare RSVP 407-949-6733	10am Musical Minds By Central Florida Community Arts RSVP 407-949-6733 9 1pm Private Event 2pm Tai Chi with Instructor Ty Arnold By One Senior Place RSVP 407-949-6733	10:30am Protecting What Matters Most By The Rodriguez Estate Planning & Elder Law Firm RSVP 407-949-6733 10 1pm Private Event 2pm Smart Money Management for Fixed Incomes By Finance Fitness RSVP 407-949-6733 2pm Quit Smoking Support Group By Tobacco Free FL. RSVP 407-716-6392	10:30am Twenty-Five Years: 9/11 Remembered By One Senior Place RSVP 407-949-6733 11 12:30pm Grief Support Group By VITAS Healthcare 2pm Thriller Dance Class By Frank Jr. Buys Houses RSVP 407-949-6733 
10am Senior Club: Rummikub 14 10am Benefits of Castanets By One Senior Place RSVP 407-949-6733 10am Private Event By Jewish Pavilion Senior Services 4pm The Empowered Caregiver By The Alzheimer's Association RSVP 407-949-6733	10:30am Country Musical Bingo By CenterWell Primary Care RSVP 407-949-6733 15 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 16 1pm Private Event 2pm SAIL Balance Class By One Senior Place RSVP	10:30am One World, Awesome Stories By One Senior Place RSVP 407-949-6733 17 1pm Private Event 2pm Chair Strength & Cardio with Instructor Jamie Field By One Senior Place RSVP 407-949-6733	10:30am Transform Your Small Moments Into Lasting Impacts: Discover the Power of Volunteering By VITAS Healthcare RSVP 407-949-6733 18 12:30pm-4:30pm Dungeons & Dragons with Game Master Ken Solomon RSVP 407-949-6733 2pm Tai Chi with instructor Ty Arnold By One Senior Place RSVP 407-949-6733
10am Bingo By The Health Insurance Store 21 RSVP 407-949-6733 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 Making the Most of Your Home's Equity By HECM Association RSVP 407-949-6733 22 10:30am Fun Facts About Your Favorite TV Shows By One Senior Place RSVP 407-949-6733 1pm Art Connects By One Senior Place RSVP 407-949-6733 3pm The Voice of the King: A Live Elvis Tribute By Charter Research RSVP 407-326-9000	10am Musical Minds By Central Florida Community Arts RSVP 407-949-6733 23 1pm Private Event 2pm SAIL Balance Class By One Senior Place RSVP	9am-3:30pm AARP Safe Driving Class By AARP 24 RSVP 407-949-6733 1pm Private Event 2pm How to Avoid Probate in Florida: What You Need to Know By Bullard Law RSVP 407-949-6733	9am-12pm Free Memory Screenings By Charter Research RSVP 407-326-9000 25 Fall Film Festival Showings from 10 AM - 3 PM 
9:30am Learn to Play Texas Hold Em' 28 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	10:30am Solo Seniors Support Group By One Senior Place RSVP 407-949-6733 29 1pm Art Connects By One Senior Place RSVP 407-949-6733 2pm Legal Planning for Alzheimer's and Dementia in Florida By Murphy & Berglund RSVP 407-949-6733	10am Musical Minds By Central Florida Community Arts RSVP 407-949-6733 30 1pm Private Event 2pm SAIL Balance Class By One Senior Place RSVP		

Fall Film Festival

Friday, September 25th

Showings from 10 AM - 3 PM



Man on the Run
10 AM



Michael
12:30 PM



EPIC: Elvis Presley in Concert
3 PM

Movie Theatre Snacks Provided By Our Sponsors



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CHANCE TO WIN
A \$25 GIFT CARD
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THEATRE!