



November 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
<div>2</div> <div>10am Senior Club: Rummikub 10am Private Event By Jewish Pavilion Senior Services 10am Private Event 10:30am My Care, My Money: Building a Future Care & Financial Plan By First Day Homecare RSVP 407-949-6733 2pm SAIL Balance Class By One Senior Place RSVP 407-949-6733</div>	<div>3</div> <div>9am Private Event By One Senior Place 10:30am-12:30pm 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</div>	<div>4</div> <div>10am Musical Minds By Central Florida Community Arts RSVP 407-949-6733 10:30am Protect Yourself: Technology, Scams & Financial Safety By New York Life Insurance RSVP 407-949-6733 1pm Private Event 2pm SAIL Balance Class By One Senior Place RSVP 407-949-6733</div>	<div>5</div> <div>10:30am 1950's Musical Bingo By CenterWell Primary Care RSVP 407-949-6733 1pm Private Event 2pm Brain Games By Arden Courts Memory Care RSVP 407-949-6733</div>	<div>6</div> <div>10 AM - 12 PM MEDICARE EDUCATION EVENT Vendors! Door Prizes! Rescources & More! 2pm Create Your Future, Preserve Your Independence: Understanding Senior Living & CCRC's By Village on the Green RSVP 407-949-6733</div>
<div>9</div> <div>10am Senior Club: Rummikub 10am Private Event 10:30am Is Your Medicare Plan Ending in 2027? By The Health Insurance Store RSVP 407-949-6733 2pm SAIL Balance Class By One Senior Place RSVP 407-949-6733 4pm Caregiver Support Group By The Alzheimer's Association RSVP 407-949-6733</div>	<div>10</div> <div>10am Explore the Possibilities of Your Home Equity By HECM Association RSVP 407-949-6733 10:30am Embrace the Moment: A Creative Connections Art Experience By ADRC & Arden Courts RSVP 407-436-7752 1pm Art Connects By One Senior Place RSVP 407-949-6733 3pm Sax & Relax By Charter Research RSVP 407-326-9000 6pm Private Event By The Miller Group of KW Realty</div>	<div>11</div> <div>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</div>	<div>12</div> <div>1pm Private Event 2pm Beginner's Cardio Kickboxing By Frank Jr. Buys Houses RSVP 407-949-6733 2pm Stop Smoking Support Group By Tobacco Free FL RSVP 407-716-6392</div>	<div>13</div> <div>Transform Your Holiday Hassles Into Happy Moments FRIDAY, NOVEMBER 13TH 10:00 AM - 3:00 PM</div>
<div>16</div> <div>10am Senior Club: Rummikub 10am Bingo By The Health Insurance Store RSVP 407-949-6733 10am Private Event 2pm SAIL Balance Class By One Senior Place RSVP 407-949-6733</div>	<div>17</div> <div>10:30am Solo Seniors Connection Support Group By One Senior Place 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 3pm Planning for Your Future & Beyond By The Miller Group of KW Realty RSVP 321-221-7685</div>	<div>18</div> <div>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</div>	<div>19</div> <div>9am-3:30pm AARP Safe Driving Class By AARP RSVP 407-949-6733 10:30am Thankful Today, Prepared for Tomorrow: A Financial Wellness Conversation By Finance Fitness RSVP 407-949-6733 1pm Private Event</div>	<div>20</div> <div>11am-1pm Private Event By Altamonte Family Hearing & The Rodriguez Estate Planning and Elder Law Firm 12:30pm Grief Support Group By VITAS Healthcare RSVP 407-949-6733 12:30pm - 4:30pm Dungeons & Dragons with Gamemaster Ken Solomon RSVP 407-949-6733</div>
<div>23</div> <div>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 Private Event 2pm SAIL Balance Class By One Senior Place RSVP 407-949-6733</div>	<div>24</div> <div>10am Explore the Possibilities of Your Home Equity By HECM Association RSVP 407-949-6733 10am-12pm Golden Oldies 50's and 60's Musical Bingo & Medicare Education By The Health Insurance Store & CenterWell Primary Care RSVP 407-949-6733 2pm Technology Help Q&A By The Young Men's Service League RSVP 407-949-6733</div>	<div>25</div> <div>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</div>	<div>26</div> <div>Closed Happy Thanksgiving</div>	<div>27</div> <div>Closed</div>
<div>30</div> <div>8:30am-5pm Private Event By One Senior Place</div>	<div></div>	<div></div>	<div></div>	<div> @oneseniorplace One Senior Place Orlando @oneseniorplace @oneseniorplace</div>



Transform Your Holiday Hassles *Into Happy Moments*

FRIDAY,
NOVEMBER 13TH | 10:00 AM – 3:00 PM

Get into the holiday spirit with a special day of presentations, activities, and helpful tips to make the season a little brighter.

Discover ways to navigate holiday challenges, support yourself and loved ones, and create meaningful moments filled with connection, joy, and love.



715 Douglas Avenue | RSVP 407-949-6733

EVENT SCHEDULE

FRIDAY, NOVEMBER 13TH FROM 10 AM – 3 PM



10:00 AM
INTERACTIVE HEALTH FAIR

PRESENTED BY: OUR ONE SENIOR PLACE
RESIDENT BUSINESSES

11:00 AM
HOLIDAY SCAMS & SHOPPING SAFETY:
SHOP WITH CHEER, NOT FEAR

VITAS AUDITORIUM
PRESENTED BY: DETECTIVE MATTHEW MOON,
SEMINOLE FINANCIAL CRIMES TASK FORCE

11:00 AM
BREAKOUT SESSION:
HEALING THROUGH GRIEF

LARGE CONFERENCE ROOM
PRESENTED BY: VITAS HEALTHCARE

12:00 PM
WHEN THE HOLIDAYS FEEL DIFFERENT:
SUPPORTING LOVED ONES WITH DEMENTIA
Only for dementia caregivers.

VITAS AUDITORIUM
PRESENTED BY: ALEXANDRA
GARNIER-MERCIER, ADRC

1:00 PM
DITCH THE GRINCH:
DEVELOP A HEALTHY MINDSET

VITAS AUDITORIUM
PRESENTED BY: DARA QUEEN,
COMFORCARE

1:00 PM
BREAKOUT SESSION:
DECK THE HALLS—NOT YOUR FAMILY:
TIPS FOR KEEPING HOLIDAY GATHERINGS
HAPPY & HARMONIOUS

LARGE CONFERENCE ROOM
PRESENTED BY: BRENDA LYLE,
CARE MANAGER AT ONE SENIOR PLACE

2:00 PM
KARAOKE FUN:
GET INTO THE SPIRIT

VITAS AUDITORIUM
PRESENTED BY: COMFORCARE AND
ALTAMONTE FAMILY HEARING

ONE SENIOR PLACE: 715 DOUGLAS AVENUE | RSVP 407-949-6733