



Monday		Tuesday		Wednesday		Thursday		Friday	
 @oneseniorplace  One Senior Place Orlando  @oneseniorplace  @oneseniorplace		715 Douglas Avenue, Altamonte Springs Mon-Fri 8:30am - 5:00pm Visit OneSeniorPlace.com or call 407-949-6733 for more information. All events are subject to change				10:30am Bracelet Making & Financial Gifting for Your Grandchildren By New York Life RSVP 407-949-6733 1pm Private Event 2pm Brain Games By Arden Courts Memory Care RSVP 407-949-6733		MEDICARE EDUCATION EVENT Vendors! Door Prizes! Rescources & More! 10 AM - 12 PM FRIDAY, OCTOBER 2ND	
10am Senior Club: Rummikub 10am Benefits of Castanets By One Senior Place RSVP 10am Private Event By Jewish Pavilion Senior Services 10:30am Fall Prevention Program By The FL. Health Dept. of Seminole County RSVP 407-665-3234 2pm Chair Strength & Cardio with Instructor Jamie Field By One Senior Place RSVP 407-949-6733		9am Private Event By One Senior Place 9:30am-11:30am Private Event By HECM Association 1pm Art Connects By One Senior Place RSVP 407-949-6733 1pm-4pm Private Event By Bluestone Physicians 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 Chills & Thrills: Dance & Ice Cream Social By Frank Jr. Buys Houses RSVP 407-949-6733 2pm My Home, My Future: Preparing Your Home for Aging in Place By First Day Homecare RSVP 407-949-6733		9:30am The Truth About Medicaid Planning By The Law Offices of Hoyt & Bryan RSVP 407-977-8080 1pm Private Event 1:30pm The Truth About Estate Planning By The Law Offices of Hoyt & Bryan RSVP 407-977-8080 2pm Stop Smoking Support Group By Tobacco Free FL RSVP 407-716-6392		10:30am Is Your Medicare Plan Ending for 2027? By Insure Orlando RSVP 407-949-6733 12:30pm Grief Support Group By VITAS Healthcare RSVP 407-949-6733 1:30pm Karaoke with Stage 55 By CFCArts & Cambridge Planning Group RSVP 407-949-6733	
10am Senior Club: Rummikub 10am Private Event 2pm Ovarian Cancer Awareness By Amada Senior Care & National Ovarian Cancer Coalition RSVP 407-949-6733 4pm Caregiver Support Group By The Alzheimer's Association RSVP 407-949-6733		10am Your Home, Your Equity, Your Options By HECM Association RSVP 407-949-6733 12pm Lunch & Learn: Connecting Hearing Loss and Dementia By Charter Research & Altamonte Family Hearing RSVP 407-326-9000 1pm Art Connects By One Senior Place RSVP 407-949-6733 2pm True Tales of the Backwoods Barbie By One Senior Place RSVP 407-949-6733		10am Musical Minds By Central Florida Community Arts RSVP 407-949-6733 11:30am-3pm Private Event By The Altamonte Springs Women's Club 1pm Private Event 2pm Peace of Mind, Planned Right: A Family's Guide to Income & Legacy By Finance Fitness RSVP 407-949-6733		10:30am Long-Term Care Doesn't Have to Be Scary: Know Where You Stand By The Rodriguez Estate Planning & Elder Law Firm RSVP 407-949-6733 1pm Private Event 2pm Tips for Downsizing By Terracotta Terrace & Elder Move Helper RSVP 407-949-6733		9am- 3pm Memory & Hearing Screenings By Charter Research & Altamonte Family Hearing RSVP 407-326-9000 10:30am The Rat Pack Musical Bingo By CenterWell Primary Care 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 RSVP 407-949-6733 10am Senior Club: Rummikub 10am Private Event 2pm The Power of Music & Building Your Perfect Playlist By Providence Living Maitland & Ambiance at Maitland RSVP 407-949-6733		10:30am Fall Fun: Crafts & Trivia By Nurse Pop-Ins & Senior Concierge RSVP 407-949-6733 1pm Art Connects By One Senior Place RSVP 407-949-6733 2pm Chair Strength & Cardio with Instructor Jamie Field By One Senior Place RSVP 407-949-6733		10am Musical Minds By Central Florida Community Arts RSVP 407-949-6733 1pm Private Event 2pm Private Event By The Altamonte Springs Women's Club 2pm Hints from Heloise: Life Tips for Seniors By One Senior Place RSVP 407-949-6733		9am-3:30pm AARP Safe Driving Class By AARP RSVP 407-949-6733 1pm Private Event 2pm Navigating Social Security Changes By Amada Senior Care & YOUR Social Security Pro RSVP 407-949-6733		9am-12pm Free Health Screenings By The FL. Health Dept. of Seminole County 10:30am Is Your Medicare Plan Ending for 2027? By Insure Orlando RSVP 407-949-6733 2pm A Season of Growth: Create a Fall Craft & Learn Financial Growth Strategies for Your Future By New York Life RSVP 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 Private Event 2pm Technology Help Q&A By ITXSolutions RSVP 407-949-6733		10am Your Home, Your Equity, Your Options By HECM Association RSVP 407-949-6733 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 Grease & Dirty Dancing Musical Bingo By CenterWell Primary Care RSVP 407-949-6733		10am Musical Minds By Central Florida Community Arts RSVP 407-949-6733 1pm Private Event 2pm Creating Your Just In Case Binder By One Senior Place RSVP 407-949-6733		10:30am Reducing Your Risk of Developing Alzheimer's Disease By The Alzheimer's & Dementia Resource Center RSVP 407-949-6733 1pm Private Event 2pm Private Event By AGED Trust 2pm Avoiding Probate in Florida: Simple Steps to Plan Ahead By Bullard Law RSVP 407-949-6733		10:30am AI: The Good, The Bad & The Useful By One Oak Realty RSVP 407-949-6733 2pm- 4pm Private Event By Home Instead 2pm Movie Matinee: Edward Scissorhands By One Senior Place RSVP 407-949-6733 HAPPY HALLOWEEN	

