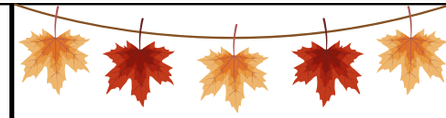
VITAS Auditorium & Conference Center

November 2026

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

One Senior Place — 20th Anniversary

Monday	Tuesday	Wednesday	Thursday	Friday
2 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	3 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	4 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	5 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	6 **10 AM - 12 PM** **MEDICARE EDUCATION EVENT** Vendors! Door Prizes! Rescoures & More! 2pm Create Your Future, Preserve Your Independence: Understanding Senior Living & CCRC's By Village on the Green RSVP 407-949-6733
9 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	10 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	11 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	12 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	13 
16 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	17 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	18 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	19 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	20 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 2pm True Thanksgiving Tales By One Senior Place RSVP 407-949-6733
23 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	24 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	25 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	26 	27 
30 8:30am-5pm Private Event By One Senior Place				@oneseniorplace One Senior Place Orlando @oneseniorplace @oneseniorplace



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 I RSVP 407-949-6733