

23721 Moulton Pkwy, Laguna Hills CA • 949-380-0155 8:30AM-4PM

RR = Reservation Required

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
9 & 10 Balance & Mobility 10 DMV Test Prep - RR 10 Legal Aid 10:30 Dr. Trinh Doc Talk 11:30 Lunch 12:15 Diabetes 101 - Doc Talk 1 Ukulele Class - RR	10 Current Issues 11:30 Lunch 12 Knit and Crochet 1 Current Issues 2 Grief Share - Loss of a Loved One 2:30 Tai Chi	9 & 10 Balance & Mobility 10 Create & Color- RR 11:30 Lunch 1 Knitting Emeritus	9:30 DMV Test Prep - RR 10 Yoga for PD 10 Chair Yoga - RR, \$2 11:30 Lunch 1:30 Bingo 2 & 3 Individual Apple Help-RR	9 & 10 Balance & Mobility 9:30 Individual Apple Help-RR 10 TOPS Meeting 11:30 Lunch 12:30 Cribbage 12:45 Movie Day 1 Holistic Health, Fall Prevention & Longevity Class 3 FSSC Wine Club \$
9	10	11	12	13
9 & 10 Balance & Mobility 9 HICAP - RR 10 DMV Test Prep - RR 11:30 Lunch - Sunshine Club performance 1 Ukulele Class - RR	10 Current Issues 11:30 Lunch 12 Knit and Crochet 1 Current Issues 2 Grief Share - Loss of a Loved One 2:30 Tai Chi	9 & 10 Balance & Mobility 11:30 Lunch 1 Knitting Emeritus	9:30 DMV Test Prep - RR 10 Yoga for PD 10:30 Chair Yoga - RR, \$2 11:30 Lunch 1:30 Bingo 2 & 3 Individual Apple Help-RR	9 & 10 Balance & Mobility 9:30 Individual Apple Help - RR 10 TOPS Meeting 11:30 Lunch 12:30 Cribbage 12:45 Movie Day 1 Holistic Health, Fall Prevention & Longevity Class
16	17	18	19	20
9 & 10 Balance & Mobility 9 HICAP - RR 10 DMV Test Prep - RR 11:30 Lunch 1 Ukulele Class - RR	10 Current Issues 11 Senator Blakespear's Mobile Office Hours 11:30 Lunch - Tony Rogers Performance - RR 12 Knit and Crochet 1 Current Issues 2 Grief Share - Loss of a Loved One 2:30 Tai Chi	10 Health Fair - Flu Clinic - RR 10 Zentangle - RR 10 Memory Testing - RR 11:30 Lunch 1 Knitting Emeritus	8:30 Pantry Staples 9:30 DMV Test Prep - RR 10 Yoga for PD 10:30 Chair Yoga - RR, \$2 11:30 Lunch 1:30 Bingo 2 & 3 Individual Apple Help - RR	9 & 10 Balance & Mobility 9:30 Individual Apple Help - RR 10 TOPS Meeting 11:30 Lunch 12:30 Cribbage 12:45 Movie Day 1 UCI Health Medicare Class - RR

23	24	25	26	27
9 & 10 Balance & Mobility 9 HICAP - RR 10:00 DMV Test Prep - RR 11:30 Lunch - Street Performers 1 Ukulele Class - RR	9 HICAP Clinic - RR 10 Current Issues 11:30 Lunch 12 Knit and Crochet 1 Current Issues 2 Grief Share - Loss of a Loved One 2:30 Tai Chi	9 & 10 Balance & Mobility 11:30 Lunch 12:30 Art4Healing 1 Barbara Wolk's (aka Diana Kingsley) Mother In Name Only book event/signing	9:30 DMV Test Prep - RR 10 Yoga for PD 10:30 Chair Yoga - RR, \$2 11:30 Lunch 1:30 Bingo 2 & 3 Individual Apple Help - RR	9 & 10 Balance & Mobility 9:30 Individual Apple Help - RR 10 TOPS Meeting 11:30 Lunch 12:30 Cribbage 12:45 Movie Day 1 Holistic Health, Fall Prevention & Longevity Class

Pancake Breakfast and Car Show

Saturday, October 28th

8am-11:30am

\$7 presale ticket to all you can eat pancake breakfast

Fantastic Cars, Raffle Prizes, Fundraiser

