

September 2024

23721 Moulton Pkwy, Laguna Hills CA ● Monday - Friday ● 8:30am-4pm ● www.agewellseniorservices.org ● 949-380-0155

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Closed for	9 Balance & Mobility – E	9 Balance & Mobility – E	9 Balance & Mobility – E	9 Balance & Mobility – E
	9 Beginner Ukelele	9 Wire Wrapping Class – E	9:30 DMV Test Prep – RR	10 Beginning Chair
	10 Beginning Chair	10 Beginning Chair	10 Beginning Chair	Exercise – E
	Exercise – E	Exercise – E	Exercise – E	10 TOPS Meeting
Labor Day	10 Advance Ukulele	10 Android help - RR	10 Yoga for Parkinson's	11:30 Lunch – RR – Arnie
	11 Chair Yoga - \$2	10 Create & Color – RR \$5	11 Chair Yoga - \$2	DiCioccio on piano
	11:30 Lunch- RR	11:30 Lunch- RR – Jim	11:30 Lunch- RR	12:30 - Cribbage
	12 Knit and Crochet	Woods on piano	12:30 Poker	12:45 Movie Day
	12:30 Poker	12:30 Caregiver Support	1 Yoga – E	
	1:30 Bingo	Group	1 Inter. Oil/Acrylic painting - E	
		2 Grief Share Support	2 & 3 Apple help – RR	
		Group		
9	10	11 Patriot Day	12	13
9 Balance & Mobility – E	9 Balance & Mobility – E	9 Balance & Mobility – E	9 Balance & Mobility – E	9 Balance & Mobility – E
9:30 Tremble Clefs Practice	9 Beginner Ukelele	9 Wire Wrapping Class/E	10 Beginning Chair	10 Beginning Chair
10 Balance & Mobility – E	10 Beginning Chair	10 Beginning Chair	Exercise/E	Exercise – E
10 DMV Test Prep – RR	Exercise/E	Exercise – E	11 Chair Yoga - \$2	10 TOPS Meeting
10 Legal Aid - RR	10 Advance Ukulele	10 Android help – RR	11:30 Lunch- RR	11:30 Lunch – RR – Arnie
11:30 Lunch – RR	11 Chair Yoga - \$2	10 Financial Consults - RR	12:30 Poker	DiCioccio on piano
2:30 Tai Chi	11:30 Lunch- RR	11:30 Lunch- RR – Jim	1 Yoga – E 1 Inter. Oil/Acrylic painting - E 2 & 3 Apple help – RR	12:30 - Cribbage
	12 Knit and Crochet	Woods on piano		12:45 Movie Day
	12:30 Poker	12:30 Caregiver Support		
	1:30 Bingo	Group		
		2 Grief Share Support		
		Group		
				Continued on the back →

Monday	Tuesday	Wednesday	Thursday	Friday
16	17	18	19	20
9 HICAP – RR	9 Balance & Mobility – E	9 Balance & Mobility – E	9:30 DMV Test Prep – RR	9 Balance & Mobility – E
9:30 Tremble Clefs Practice	9 Beginner Ukelele	9 Wire Wrapping Class – E	10 Yoga for Parkinson's	10 Beginning Chair Exercise
10 DMV Test Prep - RR	10 Beginning Chair Exercise/E	10 Beginning Chair Exercise/E	11 Chair Yoga - \$2	-E
11:30 Lunch – RR	10 Advance Ukulele	10 Medication Review - RR	11:30 Lunch- RR – Doyal Fowler	10 TOPS Meeting
1 Om Chanting	11 Chair Yoga - \$2	10 Zentangles – RR - \$5	on piano	11:30 Lunch – RR – Arnie
2:30 Tai Chi	11:30 Lunch- RR Tony	11:30 Lunch- RR – Mr. Fields	12:30 Mental Health Support	DiCioccio on piano
	Rogers Performance	singing & piano	Group	12:30 - Cribbage
	12 Knit and Crochet	12:30 Caregiver Support Gr.	12:30 Poker	12:45 Movie Day
	12:30 Poker	1 Intermediate Knitting – E	1 Yoga – E	
	1:30 Bingo	1 Tai Chi – E	1 Inter. Oil/Acrylic painting - E	
		2 Grief Share Support Group	2 & 3 Apple help – RR	
23	24	25	26	27
9 Balance & Mobility - E	9 Balance & Mobility – E	9 Balance & Mobility - E	9 Balance & Mobility – E	9 Balance & Mobility - E
9 HICAP – RR	10 Beginning Chair Exercise/E	9 Wire Wrapping Class – E	10 Beginning Chair Exercise/E	10 Balance & Mobility - E
9:30 Tremble Clefss Practice	11 Chair Yoga - \$2	10 Balance & Mobility – E	10 Yoga for Parkinson's	10 TOPS Meeting
10 Balance & Mobility - E	11:30 Lunch – RR	10 Android help- RR	11 Chair Yoga - \$2	11:30 Lunch - RR - Arnie
11:30 Lunch – RR – Tremble	12 Knit and Crochet	11:30 Lunch- RR –	11:30 Lunch – RR 12:30 Mental Health Support	DiCioccio on piano and
Clef performance	12:30 Poker	Harmonaires Performance	Group	Birthday Celebrations!
1 Om Chanting	1:30 Bingo	12:30 Art4Healing - RR	12:30 Poker	12:30 - Cribbage
2:30 Tai Chi		12:30 Caregiver Support Gr.	2 Pumpkin Painting - RR	12:45 Movie Day
		1 Intermediate Knitting – E	1 Yoga – E	
		1 Tai Chi – E	1 Inter. Oil/Acrylic painting - E	
		2 Grief Share Support Group	2 & 3 Apple help – RR	
30	October 1	October 2	October 3	October 4
9 Balance & Mobility – E	9 Balance & Mobility – E	9 Balance & Mobility - E	9 Balance & Mobility – E	9 Balance & Mobility - E
9 HICAP – RR	10 Beginning Chair Exercise/E	9 Wire Wrapping Class – E	9:30 DMV test prep - RR	10 Balance & Mobility - E
9:30 Tremble Clef Practice	11 Chair Yoga - \$2	10 Balance & Mobility – E	10 Beginning Chair Exercise/E	10 TOPS Meeting
10 Balance & Mobility - E	11:30 Lunch – RR	10 10 Create & Color – RR \$5	10 Yoga for Parkinson's	11:30 Lunch - RR - Arnie
10 DMV Test Prep - RR 11:30 Lunch – RR	12 Knit and Crochet	11:30 Lunch- RR – Jim Woods	11 Chair Yoga - \$2 11:30 Lunch – RR	DiCioccio on piano
1 Om Chanting	12:30 Poker	12:30 Caregiver Support Gr.	12:30 Mental Health Support Gr.	12:30 - Cribbage
2:30 Tai Chi	1:30 Bingo	1 Intermediate Knitting – E	12:30 Poker	12:45 Movie Day
		1 Tai Chi – E	1 Yoga – E	
		2 Grief Share Support Group	1 Inter. Oil/Acrylic painting - E	
			2 & 3 Apple help – RR	