

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

RR = Reservations Required • E = Emeritus Class

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	9 Balance & Mobility – E 9 Beginner Ukelele 10 Beg. Chair Exercise – E 10 Advance Ukulele 11 Chair Yoga - \$2 11:30 Lunch- RR 12 Knit and Crochet 1 Guided Autobiography 1:30 Bingo	9 Balance & Mobility – E 9 Wire Wrapping Class – E 10 Balance & Mobility – E 11:30 Lunch - RR – James Woods on piano 12:30 Caregiver Support 1 Inter. Knitting – E 1 Tai Chi – E 2 Grief Share Support	9 Balance & Mobility – E 10 Beg. Chair Exercise – E 10 Yoga for Parkinson’s 11 Chair Yoga - \$2 11:30 Lunch- RR 12:30 Mental Health support 1 Yoga – E 1 Inter. Oil/Acrylic painting - E 2 & 3 Apple help – RR	9 Balance & Mobility – E 10 Balance & Mobility – E 10 TOPS Meeting 11:30 Lunch – RR – Arnie DiCioccio on piano 12:30 - Cribbage 12:45 Movie Day
7	8	9	10	11
9 Balance & Mobility – E 9:30 Tremble Clefs Practice 10 Balance & Mobility – E 10 CA Driver’s License Renewal Prep – RR 10 Legal Aid - RR 11:30 Lunch – RR 2:30 Tai Chi 1 Game time (Uno, cards, rummikub)	9 Balance & Mobility – E 9 Beginner Ukelele 10 Beg. Chair Exercise/E 10 Vaccination Clinic – RR Flu, Pneumonia, RSV, Covid & Shingles available 10 Advance Ukulele 11 Chair Yoga - \$2 11:30 Lunch- RR 12 Knit and Crochet 1 Guided Autobiography 1:30 Bingo	9 Balance & Mobility – E 9 Wire Wrapping Class/E 10 Balance & Mobility – E 11:30 Lunch- RR – James Woods on piano 12:30 Caregiver Support 1 Inter. Knitting – E 1 Tai Chi – E 2 Grief Share Support	9 Balance & Mobility – E 10 Beginning Chair Exercise/E 11 Chair Yoga - \$2 11:30 Lunch- RR 12:30 Mental Health support 1 Yoga – E 1 Inter. Oil/Acrylic painting - E 2 & 3 Apple help – RR	9 Balance & Mobility – E 10 Balance & Mobility – E 10 TOPS Meeting 11:30 Lunch – RR – Arnie DiCioccio on piano 12:30 - Cribbage 12:45 Movie Day 1 Game time (Uno, cards, rummikub)
14	15	16	17	18
9 HICAP – RR 9 Balance & Mobility - E 9:30 Tremble Clefs Practice 10 Balance & Mobility – E 10 CA Driver’s License Renewal Prep – RR 11:30 Lunch – RR – Sunshine Band & Hula Dancers 2:30 Tai Chi 1 Game time (Uno, cards, rummikub)	9 Balance & Mobility – E 9 Beginner Ukelele 10 Beg. Chair Exercise/E 10 Advance Ukulele 11 Chair Yoga - \$2 11:30 Lunch - RR - Tony Rogers Performance & the Age Well Adventure Van Launch Event. 1 Guided Autobiography 1:30 Bingo	9 Balance & Mobility – E 9 Wire Wrapping Class – E 10 Balance & Mobility – E 10 Zentangles – RR - \$5 10 Financial Consults - RR 11:30 Lunch - RR – James Woods on piano 12:30 Caregiver Support 1 Inter. Knitting – E 1 Tai Chi – E 2 Grief Share Support	8:30 Pantry supplies 10 Yoga for Parkinson’s 11 Chair Yoga - \$2 11:30 Lunch- RR – Doyal Fowler on piano 12:30 Mental Health Support 1 Yoga – E 1 Inter. Oil/Acrylic painting - E 2 & 3 Apple help – RR	9 Balance & Mobility – E 10 Balance & Mobility – E 10 TOPS Meeting 10 Individual Healthy assessments by Mighty 11:30 Lunch – RR – Arnie DiCioccio on piano 12:30 - Cribbage 12:45 Movie Day 1 Game time (Uno, cards, rummikub)

Monday	Tuesday	Wednesday	Thursday	Friday
21 9 Balance & Mobility - E 9 HICAP – RR 9:30 Tremble Clefs Practice 10 Balance & Mobility – E 10 CA Driver’s License Renewal Prep – RR 11:30 Lunch – RR 2:30 Tai Chi 1 Game time (Uno, cards, rummikub)	22 9 Balance & Mobility – E 9 Beginner Ukelele 10 Beginning Chair Exercise/E 10 Advance Ukulele 11 Chair Yoga - \$2 11:30 Lunch – RR 12 Knit and Crochet 1 Guided Autobiography 1:30 Bingo	23 9 Balance & Mobility - E 9 Wire Wrapping Class – E 10 Balance & Mobility – E 11:30 Lunch - RR – Harmonaires Performance 12:30 Caregiver Support 1 Inter. Knitting – E 1 Tai Chi – E 2 Grief Share Support	24 9 Balance & Mobility – E 10 Beginning Chair Exercise/E 10 Yoga for Parkinson’s 11 Chair Yoga - \$2 11:30 Lunch – RR – Street Performers 12:30 Mental Health Support 1 Yoga – E 1 Inter. Oil/Acrylic painting - E 2 & 3 Apple help – RR	25 9 Balance & Mobility - E 10 Balance & Mobility - E 10 TOPS Meeting 11:30 Lunch - RR - Birthday Celebrations with entertainment & Arnie DiCioccio on piano 12:30 - Cribbage 12:45 Movie Day 1 Game time (Uno, cards, rummikub)
28 9 Balance & Mobility – E 9 HICAP – RR 9 Presentation of Nonprofit of the year award event with Senior Scam Prevention 9:30 Tremble Clef Practice 10 Balance & Mobility – E 10 CA Driver’s License Renewal Prep – RR 11:30 Lunch – RR – Tremble Clef performance 1 Om Chanting 2:30 Tai Chi 1 Game time (Uno, cards, rummikub)	29 9 Balance & Mobility – E 9 Beginner Ukelele 10 Beginning Chair Exercise/E 10 Advance Ukulele 11 Chair Yoga - \$2 11:30 Lunch – RR 12 Knit and Crochet 1 Guided Autobiography 1:30 Bingo	30 9 Balance & Mobility - E 9 Wire Wrapping Class – E 10 Balance & Mobility - E 11:30 Lunch - RR – James Woods on piano 12:30 Caregiver Support 12:30 Art4Healing - RR 1 Inter. Knitting – E 1 Tai Chi – E 2 Grief Share Support	31 9 Balance & Mobility – E 10 Beginning Chair Exercise/E 10 Yoga for Parkinson’s 11 Chair Yoga - \$2 11:30 Lunch HALLOWEEN PARTY with Robert Fields 12:30 Mental Health Support 1 Yoga – E 1 Inter. Oil/Acrylic painting - E 2 & 3 Apple help – RR	November 1 9 HICAP Clinic - RR 9 Balance & Mobility - E 10 Balance & Mobility - E 10 TOPS Meeting 11:30 Lunch - RR - Arnie DiCioccio on piano 12:30 - Cribbage 12:45 Movie Day 1 Game time (Uno, cards, rummikub)

November preview:

- ❖ Saddleback Emeritus Spring Semester Enrollment assistance on Tuesday, November 12th & Wednesday, November 13th at 9:30am - 3pm
 - ❖ Individual Medication Review Appointments on Wednesday, November 20th 10am to 1pm
- **Call us for more information on any event or activity: 949-380-0155**

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