

OCTOBER 2024

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	22	23	24	25
9 Balance & Mobility - E	9 Balance & Mobility – E	9 Balance & Mobility - E	9 Balance & Mobility – E	9 Balance & Mobility - E
9 HICAP – RR	9 Beginner Ukelele	9 Wire Wrapping Class – E	10 Beginning Chair Exercise/E	10 Balance & Mobility - E
9:30 Tremble Clefs Practice	10 Beginning Chair	10 Balance & Mobility – E	10 Yoga for Parkinson's	10 TOPS Meeting
10 Balance & Mobility – E	Exercise/E	11:30 Lunch - RR –	11 Chair Yoga - \$2	11:30 Lunch - RR - Birthday
10 CA Driver's License	10 Advance Ukulele	Harmonaires Performance	11:30 Lunch – RR – Street	Celebrations with
Renewal Prep – RR	11 Chair Yoga - \$2	12:30 Caregiver Support	Performers	<mark>entertainment & Arnie</mark>
11:30 Lunch – RR	11:30 Lunch – RR	1 Inter. Knitting – E	12:30 Mental Health Support	DiCioccio on piano
2:30 Tai Chi	12 Knit and Crochet	1 Tai Chi – E	1 Yoga – E	12:30 - Cribbage
1 Game time (Uno, cards,	1 Guided Autobiography	2 Grief Share Support	1 Inter. Oil/Acrylic painting - E	12:45 Movie Day
rummikub)	1:30 Bingo		2 & 3 Apple help – RR	1 Game time (Uno, cards,
				rummikub)
28	29	30	31	November 1
9 Balance & Mobility – E	9 Balance & Mobility – E	9 Balance & Mobility - E	9 Balance & Mobility – E	9 HICAP Clinic - RR
9 HICAP – RR	9 Beginner Ukelele	9 Wire Wrapping Class – E	10 Beginning Chair Exercise/E	9 Balance & Mobility - E
9 Presentation of Nonprofit	10 Beginning Chair	10 Balance & Mobility - E	10 Yoga for Parkinson's	10 Balance & Mobility - E
<mark>of the year award event <u>with</u></mark>	Exercise/E	11:30 Lunch - RR – James	11 Chair Yoga - \$2	10 TOPS Meeting
Senior Scam Prevention	10 Advance Ukulele	Woods on piano	11:30 Lunch HALLOWEEN	11:30 Lunch - RR - Arnie
9:30 Tremble Clef Practice	11 Chair Yoga - \$2	12:30 Caregiver Support	PARTY with Robert Fields	DiCioccio on piano
10 Balance & Mobility – E	11:30 Lunch – RR	12:30 Art4Healing - RR	12:30 Mental Health Support	12:30 - Cribbage
10 CA Driver's License	12 Knit and Crochet	1 Inter. Knitting – E	1 Yoga – E	12:45 Movie Day
Renewal Prep – RR	1 Guided Autobiography	1 Tai Chi – E	1 Inter. Oil/Acrylic painting - E	1 Game time (Uno, cards,
11:30 Lunch – RR – Tremble	1:30 Bingo	2 Grief Share Support	2 & 3 Apple help – RR	rummikub)
Clef performance				
1 Om Chanting				
2:30 Tai Chi				
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
 - ightarrow Call us for more information on any event or activity: 949-380-0155