



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

RR = Reservations Required • E = Emeritus Class

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
<p>9 Balance & Mobility – E</p> <p>9:30 Tremble Clefs Practice</p> <p>10 Legal Aid - RR</p> <p>10 Balance & Mobility – E</p> <p>11:30 Lunch – RR</p> <p>2:30 Tai Chi</p> <p>1 Games (Uno, cards, rummikub)</p>	<p>9 Balance & Mobility – E</p> <p>10 Beg. Chair Exercise/E</p> <p>11 Chair Yoga - \$2</p> <p>11:30 Lunch- RR</p> <p>12 Knit and Crochet Club</p> <p>1:00 Bingo</p>	<p>9 Balance & Mobility – E</p> <p>9 Wire Wrapping Class/E</p> <p>10 Balance & Mobility – E</p> <p>11:30 Lunch- RR – James Woods on piano</p> <p>12:30 Caregiver Support</p> <p>1 Inter. Knitting – E</p> <p>1 Tai Chi – E</p> <p>2 Grief Share Support</p>	<p>9 Balance & Mobility – E</p> <p>10 Beginning Chair Exercise/E</p> <p>10 Yoga for Parkinson’s</p> <p>11 Chair Yoga - \$2</p> <p>11:30 Lunch- RR – Entertainment by Eight is Enough</p> <p>12:30 Mental Health support</p> <p>1 Yoga – E</p> <p>1 Inter. Oil/Acrylic painting - E</p>	<p>9 Balance & Mobility - E</p> <p>10 Balance & Mobility - E</p> <p>10 TOPS Meeting</p> <p>11:30 Lunch - RR - Arnie DiCioccio on piano</p> <p>12:30 - Cribbage</p> <p>12:45 Movie Day</p> <p>1 Games (Uno, cards, rummikub)</p>
9	10	11	12	13
<p>9 HICAP – RR</p> <p>9 Balance & Mobility – E</p> <p>9:30 Tremble Clefs Practice</p> <p>10 Balance & Mobility – E</p> <p>10 CA Driver’s License Renewal Prep – RR</p> <p>11:30 Lunch – RR</p> <p>2:30 Tai Chi</p> <p>1 Game time</p>	<p>9 Balance & Mobility – E</p> <p>10 Beg. Chair Exercise/E</p> <p>11 Chair Yoga - \$2</p> <p>11:30 Lunch- RR</p> <p>12 Knit and Crochet Club</p> <p>1:00 Bingo</p>	<p>10 Financial Consults with Tim Bryant - RR</p> <p>11:30 Lunch - RR</p> <p>12:30 Caregiver Support</p> <p>1 Inter. Knitting – E</p> <p>1 Tai Chi – E</p>	<p>9 Balance & Mobility – E</p> <p>10 Beginning Chair Exercise/E</p> <p>10 Yoga for Parkinson’s</p> <p>11 Chair Yoga - \$2</p> <p>11:30 Lunch - RR</p> <p>12:30 Mental Health support</p> <p>1 Yoga – E</p> <p>1 Inter. Oil/Acrylic painting - E</p> <p>2 & 3 Apple help – RR</p>	<p>9 Balance & Mobility – E</p> <p>10 Balance & Mobility – E</p> <p>10 TOPS Meeting</p> <p>11:30 Lunch – RR – Arnie DiCioccio on piano</p> <p>12:30 - Cribbage</p> <p>12:45 Movie Day</p> <p>1 Game time</p>
16	17	18	19	20
<p>9 HICAP – RR</p> <p>9:30 Tremble Clefs Practice</p> <p>10 CA Driver’s License Renewal Prep – RR</p> <p>11:30 Lunch – RR – Tremble Clef performance</p> <p>2:30 Tai Chi</p> <p>1 Game time</p> <p>1 Neurobics - RR</p>	<p>10:00 Card making w/CJ - RR</p> <p>11 Chair Yoga - \$2</p> <p>11:30 Lunch - RR - Tony Rogers Performance</p> <p>12 Knit and Crochet Club</p> <p>1:00 Bingo</p>	<p>9 Wire Wrapping Class/E</p> <p>10 Zentangles – RR - \$5</p> <p>11:30 Lunch - RR – Harmonaires Performance</p> <p>12:30 Art4Healing - RR</p> <p>12:30 Caregiver Support</p> <p>1 Inter. Knitting – E</p> <p>2 Grief Share Support</p>	<p>8:30 Pantry supplies</p> <p>10 Yoga for Parkinson’s</p> <p>10 Health information with Mighty Health</p> <p>11 Chair Yoga - \$2</p> <p>11:30 Lunch - RR</p> <p>12:30 Mental Health Support</p> <p>2 & 3 Apple help – RR</p>	<p>10 TOPS Meeting</p> <p>11:30 HOLIDAY Luncheon - RR with Arnie DiCioccio</p> <p>12:30 - Cribbage</p> <p>12:45 Movie Day</p> <p>1:30 Wreath making with Optum - RR</p> <p>1 Game time</p>

Continued



Monday	Tuesday	Wednesday	Thursday	Friday
23	24	25	26	27
9 HICAP – RR 9:30 Tremble Clefs Practice 10 CA Driver’s License Renewal Prep – RR 11:30 Lunch – RR – Cal Fresh Presentation 1 Om Chanting 2:30 Tai Chi 1 Game time	11 Chair Yoga - \$2 11:30 Lunch – RR		11 Chair Yoga - \$2 11:30 Lunch – RR 12:30 Mental Health Support 2 & 3 Apple help – RR	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
30	31	January 1, 2025	January 2, 2025	January 3, 2025
9:30 Tremble Clef Practice 11:30 Lunch – RR 1 Om Chanting 2:30 Tai Chi 1 Game time	11 Chair Yoga - \$2 11:30 Lunch – RR – New Years Eve Celebration Party entertainment by Robert Fields		11 Chair Yoga - \$2 11:30 Lunch – RR 12:30 Mental Health Support 2 & 3 Apple help – RR	10 TOPS Meeting 11:30 Lunch – RR – Arnie DiCioccio on piano 12:30 - Cribbage 12:45 Movie Day

Coming in January:

- ❖ Ukulele is coming back (dates TBD)
- ❖ Guided Autobiography beginning class starting January 16th
- ❖ Emeritus classes start back the week of January 13th
- ❖ Come exercise your brain with Neurobics class on January 13th
- ❖ Come create a vision board with us on January 10th

Call 949-380-0155 to make your class reservation, lunch reservations and information

To receive our newsletter email us at: FSSCnewsletter@myagewell.org

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