

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
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
<b>9</b> Balance & Mobility – E <b>10</b> Balance & Mobility – E <b>10</b> CA Driver’s License Renewal Prep – RR <b>10</b> Legal Aid - RR <b>11:30</b> Lunch – RR <b>1</b> Game time <b>1</b> Om Chanting <b>2:30</b> Tai Chi	<b>9</b> Balance & Mobility – E <b>10</b> Beg. Chair Exercise - E <b>11</b> Chair Yoga - \$2 <b>11:30</b> Lunch - RR <b>12</b> Knit and Crochet Club <b>1:00</b> Bingo	<b>9</b> Wire Wrapping Class/E <b>9</b> Balance & Mobility – E <b>9 &amp; 10 Technology help RR</b> <b>10</b> Balance & Mobility – E <b>11:30</b> Lunch-RR-James Woods on piano <b>12:30</b> Caregiver group <b>1</b> Inter. Knitting – E <b>1</b> Tai Chi – E	<b>9</b> Balance & Mobility – E <b>10</b> Beg. Chair Exercise - E <b>10</b> Yoga for Parkinson’s <b>11</b> Chair Yoga - \$2 <b>11:30</b> Lunch-RR <b>12:30</b> Mental Health group <b>1</b> Inter Oil/Acrylic painting/E <b>1:30 Dance Vision Class - RR</b> <b>2 &amp; 3</b> Apple help – RR	<b>9</b> Balance & Mobility/E <b>10</b> Balance & Mobility/E <b>10</b> TOPS Meeting <b>11:30</b> Lunch-RR-Arnie DiCioccio on piano <b>12:30</b> Cribbage <b>12:45</b> Movie Day <b>1</b> Game time
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
<b>9</b> HICAP – RR <b>9</b> Balance & Mobility – E <b>10</b> Balance & Mobility – E <b>10</b> CA Driver’s License Renewal Prep – RR <b>11:30</b> Lunch-RR-Sunshine Gr <b>1</b> Game time <b>1</b> Om Chanting <b>1 Decluttering tips with Roneet - RR</b> <b>2:30</b> Tai Chi	<b>9</b> Balance & Mobility – E <b>10</b> Beg. Chair Exercise - E <b>11</b> Chair Yoga - \$2 <b>11:30</b> Lunch - RR <b>12</b> Knit and Crochet Club <b>1:00</b> Bingo	<b>9</b> Wire Wrapping Class/E <b>9</b> Balance & Mobility – E <b>9 &amp; 10 Technology help RR</b> <b>10</b> Balance & Mobility – E <b>11:30</b> Lunch - RR – James Woods on piano <b>12:30</b> Caregiver group <b>1</b> Inter. Knitting – E <b>1</b> Tai Chi – E	<b>9</b> Balance & Mobility – E <b>10</b> Beg. Chair Exercise - E <b>10</b> Yoga for Parkinson’s <b>11</b> Chair Yoga - \$2 <b>11:30</b> Lunch-RR-Amy Lee <b>12:30</b> Mental Health group <b>1 Guided Autobiography-RR</b> <b>1</b> Inter Oil/Acrylic painting/E <b>2 &amp; 3</b> Apple help – RR	<b>9</b> Balance & Mobility/E <b>10</b> Balance & Mobility/E <b>10</b> TOPS Meeting <b>11:30 Lunch-RR</b> <b>Music by Roy</b> <b>Southerland/Valentine's</b> <b>Day Party</b> <b>12:30</b> Cribbage <b>12:45</b> Movie Day <b>1</b> Game time
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
<h2 style="color: #e91e63;">CLOSED</h2> <h2 style="color: #e91e63;">Presidents’</h2> <h2 style="color: #e91e63;">Day</h2>	<b>9 Age Well Care</b> <b>Management resources</b> <b>with Trish</b> <b>9</b> Balance & Mobility – E <b>10</b> Beg. Chair Exercise - E <b>11</b> Chair Yoga - \$2 <b>11:30 Lunch - RR - Tony</b> <b>Rogers Performance</b> <b>12</b> Knit and Crochet Club <b>1:00</b> Bingo	<b>9</b> Wire Wrapping Class/E <b>9</b> Balance & Mobility – E <b>9 &amp; 10 Technology help RR</b> <b>10</b> Balance & Mobility – E <b>10 Financial Consults with</b> <b>Tim Bryant - RR</b> <b>11:30</b> Lunch-RR– Harmonaires Performance <b>12:30</b> Caregiver group <b>1</b> Inter. Knitting – E <b>1</b> Tai Chi – E	<b>8:30</b> Pantry supplies <b>9</b> Balance & Mobility – E <b>10</b> Beg. Chair Exercise - E <b>10</b> Yoga for Parkinson’s <b>11</b> Chair Yoga - \$2 <b>11:30</b> Lunch-RR – Street Perf. <b>12:30</b> Mental Health group <b>1</b> Guided Autobiography-RR <b>1</b> Inter Oil/Acrylic painting/E <b>1:30 Laughter Yoga with</b> <b>Pamela - RR</b> <b>2 &amp; 3</b> Apple help – RR	<b>9</b> Balance & Mobility/E <b>10</b> Balance & Mobility/E <b>10</b> TOPS Meeting <b>11:30</b> Lunch – RR – Arnie DiCioccio on piano <b>12:30</b> Cribbage <b>12:45</b> Movie Day <b>1</b> Game time <b>1:30 Vision Board</b> <b>workshop with Optum-</b> <b>RR</b>

Over

Monday	Tuesday	Wednesday	Thursday	Friday
24	25	26	27	28
<p>9 HICAP – RR            9 Balance &amp; Mobility – E            10 Balance &amp; Mobility – E            10 CA Driver’s License            Renewal Prep – RR            11:30 Lunch – RR –            Sunshine band            1 Game time            1 Om Chanting  <b>1:30 The 6 Pillars of Brain            Health - RR</b>            2:30 Tai Chi</p>	<p>9 Balance &amp; Mobility – E            10 Beg. Chair Exercise – E            10 Card Making with            CJ - RR            11 Chair Yoga - \$2            11:30 Lunch - RR            12 Knit and Crochet Club            1:00 Bingo</p>	<p>9 Wire Wrapping Class/E            9 Balance &amp; Mobility – E  <b>9 &amp; 10 Technology help RR</b>            10 Balance &amp; Mobility – E            11:30 Lunch-RR – James            Woods on piano            12:30 Caregiver support            group            1 Inter. Knitting – E            1 Tai Chi – E</p>	<p>9 Balance &amp; Mobility – E            10 Beg. Chair Exercise – E            10 Yoga for Parkinson’s            11 Chair Yoga - \$2            11:30 Lunch-RR – Silver            Singers            12:30 Mental Health            support group            1 Inter Oil/Acrylic painting/E            1 Guided Autobiography-RR  <b>1:30 Author Event –            Lamentations of a Dad:            How Takeaways Led to            Comebacks by Gene            Nalbandian - RR</b>            2 &amp; 3 Apple help – RR</p>	<p>9 Balance &amp; Mobility – E            10 Balance &amp; Mobility – E            10 TOPS Meeting  <b>11:30 Lunch - RR -            Birthday Celebrations            with Arnie DiCioccio            on piano</b>            12:30 Cribbage            12:45 Movie Day            1 Game time</p>

**Coming in March:**

- Chair Yoga – Every Wednesday afternoon Starting March 5<sup>th</sup> at 2 pm
- St. Patrick’s Day Luncheon – Monday, March 17<sup>th</sup>, 11:30 am -12:30 pm – RR
- Braille Institute presents Basic Lighting with Jonas Latinette, Low Vision Occupational Therapy, on Monday, March 24<sup>th</sup> at 1:30 pm – RR
- Paint & Sip with Optum – Friday, March 28<sup>th</sup> at 1:30 pm – RR
- Chair Pilates with Mighty Health, Date TBD

*Please call 949-380-0155 to make your class and lunch reservations.*

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