

February 2025

23721 Moulton Pkwy, Laguna Hills CA ● Monday - Friday ● 8:30am-4pm ● www.myagewell.org ● 949-380-0155 RR = Reservations Required ● E = Emeritus Class

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

February 2025

Monday	Tuesday	Wednesday	Thursday	Friday
24	25	26	27	28
9 HICAP – RR 9 Balance & Mobility – E 10 Balance & Mobility – E 10 CA Driver's License Renewal Prep – RR 11:30 Lunch – RR – Sunshine band 1 Game time 1 Om Chanting 1:30 The 6 Pillars of Brain Health - RR 2:30 Tai Chi	9 Balance & 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	9 Wire Wrapping Class/E 9 Balance & Mobility – E 9 & 10 Technology help RR 10 Balance & Mobility – E 11:30 Lunch-RR – James Woods on piano 12:30 Caregiver support group 1 Inter. Knitting – E 1 Tai Chi – E	9 Balance & 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 1:30 Author Event – Lamentations of a Dad: How Takeaways Led to Comebacks by Gene Nalbandian - RR 2 & 3 Apple help – RR	9 Balance & Mobility – E 10 Balance & Mobility – E 10 TOPS Meeting 11:30 Lunch - RR - Birthday Celebrations with Arnie DiCioccio on piano 12:30 Cribbage 12:45 Movie Day 1 Game time

Coming in March:

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

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