

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 &amp; 10</b> Balance & Mobility – E <b>9:30</b> Tremble Clef Practice <b>10</b> CA Driver's License Renewal Prep – RR <b>10</b> Legal Aid - RR <b>11:30</b> Lunch – RR 1 Game time <b>1 Dance Vision</b> 1 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 &amp; 10</b> Balance & Mobility – E <b>9 &amp; 10 Technology help RR</b> <b>11:30</b> Lunch-RR-James Woods on piano <b>12:30</b> Caregiver group 1 Inter. Knitting – E 1 Tai Chi – E <b>2 Chair Yoga - \$2 - RR</b>	<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 1 Inter Oil/Acrylic painting/E <b>1:30 Laughter Yoga - RR</b> 2 & 3 Apple help – RR	<b>9 &amp; 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 1 Game time 2 PWR!Moves exercise for Parkinson's (PEP4U)
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
<b>9</b> HICAP – RR <b>9 &amp; 10</b> Balance & Mobility – E <b>9:30</b> Tremble Clef Practice <b>10</b> CA Driver's License Renewal Prep – RR <b>11:30</b> Lunch-RR-Sunshine Band 1 Om Chanting <b>1 Dance Vision</b> <b>1 Transportation 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 &amp; 10</b> Balance & Mobility – E <b>9 &amp; 10 Technology help RR</b> <b>11:30</b> Lunch - RR – James Woods on piano <b>12:30</b> Caregiver group 1 Inter. Knitting – E 1 Tai Chi – E <b>2 Chair Yoga - \$2 – RR</b> <b>2 GriefShare</b>	<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 1 Inter Oil/Acrylic painting/E 2 & 3 Apple help – RR	<b>9 &amp; 10</b> Balance & Mobility – E <b>10</b> TOPS Meeting <b>11:30</b> Lunch-RR RR – Arnie DiCioccio on piano <b>12:30</b> Cribbage <b>12:45</b> Movie Day 1 Game time <b>1:30 Paint &amp; Sip workshop Optum -RR</b> 2 PWR!Moves exercise for Parkinson's (PEP4U)
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
<b>9</b> HICAP – RR <b>9:30</b> Tremble Clef Practice <b>10</b> CA Driver's License Renewal Prep – RR <b>11:30 Lunch-RR-St. Patrick's Day Celebration</b> 1 Om Chanting <b>1 Dance Vision</b> <b>2:30</b> Tai Chi	<b>9 Caption Call</b> <b>11</b> Chair Yoga - \$2 <b>11:30 Lunch - RR - Tony Rogers Performance</b> <b>12</b> Knit and Crochet Club <b>1:00</b> Bingo	<b>9 &amp; 10 Technology help RR</b> <b>10 Financial Consults with Tim Bryant - RR</b> <b>11:30</b> Lunch-RR– Harmonaires Performance <b>12:30</b> Caregiver group <b>2 Chair Yoga - \$2 – RR</b> <b>2 GriefShare</b>	<b>9</b> Pantry supplies <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>1:30 Laughter Yoga - RR</b> 2 & 3 Apple help – RR	<b>10</b> TOPS Meeting <b>11:30 Lunch – RR – Arnie DiCioccio on piano</b> <b>12:30</b> Cribbage <b>12:45</b> Movie Day 1 Game time 2 PWR!Moves exercise for Parkinson's (PEP4U)

Over

Monday	Tuesday	Wednesday	Thursday	Friday
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
<b>9</b> HICAP – RR <b>9 &amp; 10</b> Balance & Mobility – E <b>9:30</b> Tremble Clef Practice <b>10</b> CA Driver’s License Renewal Prep – RR <b>11:30</b> Lunch-RR-Tremble Clef’s Performance <b>1</b> Game time <b>1</b> Om Chanting <b>1</b> <b>Dance Vision</b> <b>1:30</b> Braille Institute presents <b>Basic Lighting</b> workshop <b>2:30</b> Tai Chi	<b>9</b> Balance & Mobility – E <b>10</b> Beg. Chair Exercise – E <b>10</b> <b>Card Making with</b> <b>CJ - RR</b> <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 &amp; 10</b> Balance & Mobility – E <b>9 &amp; 10</b> <b>Technology help RR</b> <b>11:30</b> Lunch-RR – James Woods on piano <b>12:30</b> Caregiver support group <b>12:30</b> Art for Healing - RR <b>1</b> Inter. Knitting – E <b>1</b> Tai Chi – E <b>1:30</b> <b>Chair Pilates with</b> <b>Mighty Health - RR</b> <b>2</b> <b>Chair Yoga - \$2 – RR</b> <b>2</b> GriefShare	<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 Performers <b>12:30</b> Mental Health support group <b>1</b> Inter Oil/Acrylic painting/E <b>2 &amp; 3</b> Apple help – RR	<b>9 &amp; 10</b> Balance & Mobility/E <b>10</b> TOPS Meeting <b>11:30</b> <b>Lunch-RR-Birthday</b> <b>Celebration</b> <b>12:30</b> Cribbage <b>12:45</b> Movie Day <b>1</b> Game time <b>2</b> PWR!Moves exercise for Parkinson’s (PEP4U)
<b>31</b>	<b>APRIL 1</b>	<b>APRIL 2</b>	<b>APRIL 3</b>	<b>APRIL 4</b>
<b>9:30</b> Tremble Clef Practice <b>10</b> CA Driver’s License Renewal Prep – RR <b>11:30</b> Lunch – RR – Sunshine band <b>1</b> Game time <b>1</b> Om Chanting <b>1</b> <b>Dance Vision</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 &amp; 10</b> Balance & Mobility – E <b>9 &amp; 10</b> <b>Technology help RR</b> <b>11:30</b> Lunch-RR – James Woods on piano <b>12:30</b> Caregiver support group <b>12:30</b> Art for Healing - RR <b>1</b> Inter. Knitting – E <b>1</b> Tai Chi – E <b>2</b> <b>Chair Yoga - \$2 – RR</b> <b>2</b> GriefShare	<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 – Silver Singers <b>12:30</b> Mental Health support group <b>1</b> Inter Oil/Acrylic painting/E <b>2 &amp; 3</b> Apple help – RR	<b>9 &amp; 10</b> Balance & Mobility/E <b>10</b> TOPS Meeting 11:30 Lunch - RR <b>12:30</b> Cribbage <b>12:45</b> Movie Day <b>1</b> Game time <b>2</b> PWR!Moves exercise for Parkinson’s (PEP4U)

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