March 2025

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
3	4	5	6	7
9 & 10 Balance & Mobility – E	9 Balance & Mobility – E	9 Wire Wrapping Class/E	9 Balance & Mobility – E	9 & 10 Balance & Mobility/E
9:30 Tremble Clef Practice	10 Beg. Chair Exercise - E	9 & 10 Balance & Mobility – E	10 Beg. Chair Exercise - E	10 TOPS Meeting
10 CA Driver's License	11 Chair Yoga - \$2	9 & 10 Technology help RR	10 Yoga for Parkinson's	11:30 Lunch-RR-Arnie
Renewal Prep – RR	11:30 Lunch - RR	11:30 Lunch-RR-James	11 Chair Yoga - \$2	DiCioccio on piano
10 Legal Aid - RR	12 Knit and Crochet Club	Woods on piano	11:30 Lunch-RR	12:30 Cribbage
11:30 Lunch – RR	1:00 Bingo	12:30 Caregiver group	12:30 Mental Health group	12:45 Movie Day
1 Game time		1 Inter. Knitting – E	1 Inter Oil/Acrylic painting/E	1 Game time
1 Dance Vision		1 Tai Chi – E	1:30 Laughter Yoga - RR	2 PWR!Moves exercise for
1 Om Chanting		<mark>2 Chair Yoga - \$2 - RR</mark>	2 & 3 Apple help – RR	Parkinson's (PEP4U)
2:30 Tai Chi				
10	11	12	13	14
9 HICAP – RR	9 Balance & Mobility – E	9 Wire Wrapping Class/E	9 Balance & Mobility – E	9 & 10 Balance & Mobility – E
9 & 10 Balance & Mobility – E	10 Beg. Chair Exercise - E	9 & 10 Balance & Mobility – E	10 Beg. Chair Exercise - E	10 TOPS Meeting
9:30 Tremble Clef Practice	11 Chair Yoga - \$2	9 & 10 Technology help RR	10 Yoga for Parkinson's	11:30 Lunch-RR RR – Arnie
10 CA Driver's License	11:30 Lunch - RR	11:30 Lunch - RR – James	11 Chair Yoga - \$2	DiCioccio on piano
Renewal Prep – RR	12 Knit and Crochet Club	Woods on piano	11:30 Lunch-RR-Amy Lee	12:30 Cribbage
11:30 Lunch-RR-Sunshine	1:00 Bingo	12:30 Caregiver group	12:30 Mental Health group	12:45 Movie Day
Band		1 Inter. Knitting – E	1 Inter Oil/Acrylic painting/E	1 Game time
1 Om Chanting		1 Tai Chi – E	2 & 3 Apple help – RR	1:30 Paint & Sip workshop
1 Dance Vision		<mark>2 Chair Yoga - \$2 – RR</mark>		Optum -RR
1 Transportation tips with		2 GriefShare		2 PWR!Moves exercise for
Roneet - RR				Parkinson's (PEP4U)
2:30 Tai Chi				
17	18	19	20	21
9 HICAP – RR	9 Caption Call	9 & 10 Technology help RR	9 Pantry supplies	10 TOPS Meeting
9:30 Tremble Clef Practice	11 Chair Yoga - \$2	10 Financial Consults with	10 Yoga for Parkinson's	11:30 Lunch – RR – Arnie
10 CA Driver's License	11:30 Lunch - RR - Tony	Tim Bryant - RR 11:30 Lunch-RR–	11 Chair Yoga - \$2	DiCioccio on piano
Renewal Prep – RR	Rogers Performance 12 Knit and Crochet Club	Harmonaires Performance	11:30 Lunch-RR-Amy Lee 12:30 Mental Health Group	12:30 Cribbage
11:30 Lunch-RR-St.	1:00 Bingo	12:30 Caregiver group	1:30 Laughter Yoga - RR	12:45 Movie Day
Patrick's Day Celebration	i.oo biiigo	2 Chair Yoga - \$2 – RR	2 & 3 Apple help – RR	1 Game time 2 PWR!Moves exercise for
1 Om Chanting		2 GriefShare	2 & 3 Apple lietp – IIII	
1 Dance Vision				Parkinson's (PEP4U) Over
2:30 Tai Chi				Over —



March 2025

Monday	Tuesday	Wednesday	Thursday	Friday
24	25	26	27	28
9 HICAP – RR	9 Balance & Mobility – E	9 Wire Wrapping Class/E	9 Balance & Mobility – E	9 & 10 Balance & Mobility/E
9 & 10 Balance & Mobility – E	10 Beg. Chair Exercise – E	9 & 10 Balance & Mobility – E	10 Beg. Chair Exercise – E	10 TOPS Meeting
9:30 Tremble Clef Practice	10 Card Making with	9 & 10 Technology help RR	10 Yoga for Parkinson's	11:30 Lunch-RR-Birthday
10 CA Driver's License	CJ - RR	11:30 Lunch-RR – James	11 Chair Yoga - \$2	Celebration
Renewal Prep – RR	11 Chair Yoga - \$2	Woods on piano	11:30 Lunch-RR-Street	12:30 Cribbage
11:30 Lunch-RR-Tremble	11:30 Lunch - RR	12:30 Caregiver support	Performers	12:45 Movie Day
Clef's Performance	12 Knit and Crochet Club	group	12:30 Mental Health	1 Game time
1 Game time	1:00 Bingo	12:30 Art for Healing - RR	support group	2 PWR!Moves exercise for
1 Om Chanting		1 Inter. Knitting – E	1 Inter Oil/Acrylic painting/E	Parkinson's (PEP4U)
1 Dance Vision		1 Tai Chi – E	2 & 3 Apple help – RR	
1:30 Braille Institute		1:30 Chair Pilates with		
presents Basic Lighting		Mighty Health - RR		
workshop		2 Chair Yoga - \$2 – RR		
2:30 Tai Chi		2 GriefShare		
31	APRIL 1	APRIL 2	APRIL 3	APRIL 4
9:30 Tremble Clef Practice	9 Balance & Mobility – E	9 Wire Wrapping Class/E	9 Balance & Mobility – E	9 & 10 Balance & Mobility/E
10 CA Driver's License	10 Beg. Chair Exercise – E	9 & 10 Balance & Mobility – E	10 Beg. Chair Exercise – E	10 TOPS Meeting
Renewal Prep – RR	11 Chair Yoga - \$2	9 & 10 Technology help RR	10 Yoga for Parkinson's	11:30 Lunch - RR
11:30 Lunch – RR –	11:30 Lunch - RR	11:30 Lunch-RR – James	11 Chair Yoga - \$2	12:30 Cribbage
Sunshine band	12 Knit and Crochet Club	Woods on piano	11:30 Lunch-RR – Silver	12:45 Movie Day
1 Game time	1:00 Bingo	12:30 Caregiver support	Singers	1 Game time
1 Om Chanting		group	12:30 Mental Health	2 PWR!Moves exercise for
1 Dance Vision		12:30 Art for Healing - RR	support group	Parkinson's (PEP4U)
2:30 Tai Chi		1 Inter. Knitting – E	1 Inter Oil/Acrylic painting/E	
		1 Tai Chi – E	2 & 3 Apple help – RR	
		2 Chair Yoga - \$2 – RR		
		2 GriefShare		