

April 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
MARCH 31	1	2	3	4
9 & 10 Balance & Mobility/E 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 11 Chair Yoga - \$2	9 & 10 Balance & Mobility – E 10 & 11 Technology help RR	10 Beg. Chair Exercise - E 10 Yoga for Parkinson's	10 TOPS Meeting 11:30 Lunch-RR-Arnie
Renewal Prep – RR	11:30 Lunch-RR	11:30 Lunch-RR-James	11 Chair Yoga - \$2	DiCioccio on piano
11:30 Lunch–RR	12 Knit and Crochet Club	Woods on piano	11:30 Lunch-RR	12:30 Cribbage
1 Game time	1:00 Bingo	12:30 Caregiver Group	12:30 Mental Health Group	12:45 Movie Day
1 Dance Vision		1 Inter. Knitting – E	1 Inter Oil/Acrylic painting/E	1 Guide Dogs for the Blind
2:30 Tai Chi		1 Tai Chi – E	2 & 3 Apple help – RR	presentation & visit/RR
		2 GriefShare		2 PWR!Moves exercise for
		2 Chair Yoga - \$2 - RR		Parkinson's (PEP4U)
7	8	9	10	11
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	10 Guided Autobiography-	10 & 11 Technology help RR	10 Yoga for Parkinson's	11:30 Lunch-RR–Arnie
Renewal Prep – RR	RR	11:30 Lunch-RR–James	11 Chair Yoga - \$2	DiCioccio on piano
10 Legal Aid - RR	11 Chair Yoga - \$2	Woods on piano	11:30 Lunch-RR-Amy Lee	12:30 Cribbage
11:30 Lunch-RR	11:30 Lunch-RR	12:30 Caregiver Group	12:30 Mental Health Group	12:45 Movie Day
1 Game time	12 Knit and Crochet Club	1 Inter. Knitting – E	1 Inter Oil/Acrylic painting/E	1 Game time
1 Dance Vision	1:00 Bingo	1 Tai Chi – E	1:30 Laughter Yoga with Pam	2 PWR!Moves exercise for
2:30 Tai Chi		2 GriefShare	- RR	Parkinson's (PEP4U)
		2 Chair Yoga - \$2 - RR	2 & 3 Apple help – RR	
14	15	16	17	18
9 HICAP – RR	9 Balance & Mobility – E	9 Wire Wrapping Class/E	9 Balance & Mobility – E	10 TOPS Meeting
9 & 10 Balance & Mobility – E	10 Beg. Chair Exercise – E	9 & 10 Balance & Mobility – E	10 Beg. Chair Exercise - E	11:30 Lunch–RR–
9:30 Tremble Clef Practice	10 Guided Autobiography-	10 & 11 Technology help RR	10 Yoga for Parkinson's	Spring is in the Air
11:30 Lunch-RR- Sunshine	\$-RR	10 Zentangles-RR-\$5	11 Chair Yoga - \$2	Luncheon Celebration
band	11 Chair Yoga - \$2	11:30 Lunch-RR	11:30 Lunch-RR	with Roy Sutherland
1 Game time	11:30 Lunch-RR-Tony	Harmonaires Performance	12:30 Mental Health Group	12:30 Cribbage
1 Dance Vision	Rogers Performance	12:30 Caregiver Group	1 Inter Oil/Acrylic painting/E	12:45 Movie Day
2:30 Tai Chi	12 Knit and Crochet Club	1 Inter. Knitting – E	2 & 3 Apple help – RR	1 Game time
	1:00 Bingo	1 Tai Chi – E		
		2 GriefShare		Over -
		<mark>2 Chair Yoga - \$2 - RR</mark>		•

April 2025

Monday	Tuesday	Wednesday	Thursday	Friday
21	22	23	24	25
9 HICAP – RR	9 Balance & Mobility – E	9 Wire Wrapping Class/E	9 Balance & Mobility – E	9-3 Saddleback Emeritus
9 & 10 Balance & Mobility – E	10 Beg. Chair Exercise – E	9 & 10 Balance & Mobility – E	10 Beg. Chair Exercise – E	Summer Enrollment
9:30 Tremble Clef Practice	10 Card Making w/CJ – RR	10 & 11 Technology help RR	10 Yoga for Parkinson's	Help
10 CA Driver's License	10 Guided Autobiography-	11:30 Lunch-RR–James	10 Medication Review-RR	9 & 10 Balance &
Renewal Prep – RR	\$-RR	Woods on piano	11 Chair Yoga - \$2	Mobility/E
11:30 Lunch-RR-Tremble	11 Chair Yoga - \$2	12:30 Caregiver support	11:30 Lunch-RR-Street	10 TOPS Meeting
Clef's Performance	11:30 Lunch-RR	group	Performers	11:30 Lunch-RR-Birthday
1 Game time	12 Knit and Crochet Club	1 Inter. Knitting – E	12:30 Mental Health	Celebrations with Arnie
1 Caregiver Resources &	1:00 Bingo	1 Tai Chi – E	support group	DiCioccio on piano &
Adult Day Care info with		2 GriefShare	1 Inter Oil/Acrylic painting/E	entertainment by Clown
Roneet of MemorialCare- RR		<mark>2 Chair Yoga - \$2 - RR</mark>	1:30 Laughter Yoga with Pam	Alley
1 Dance Vision			-RR	12:30 Cribbage
2:30 Tai Chi			2 & 3 Apple help – RR	12:45 Movie Day
				1 Game time
28	29	30	MAY 1	MAY 2
9-3 Saddleback Emeritus	9 Balance & Mobility – E	9 Wire Wrapping Class/E	9 Balance & Mobility – E	9 & 10 Balance &
Summer Enrollment Help	10 Beg. Chair Exercise – E	9 & 10 Balance & Mobility – E	10 Beg. Chair Exercise – E	Mobility/E
9 HICAP – RR	10 Guided Autobiography-	10 & 11 Technology help RR	10 Yoga for Parkinson's	10 TOPS Meeting
9:30 Tremble Clef Practice	\$-RR	11:30 Lunch-RR–James	11 Chair Yoga - \$2	11:30 Lunch-RR with
10 CA Driver's License	11 Chair Yoga - \$2	Woods on piano	11:30 Lunch-RR–Silver	Arnie DiCioccio on piano
Renewal Prep – RR	11:30 Lunch-RR	12:30 Caregiver support	Singers	12:30 Cribbage
11:30 Lunch–RR	12 Knit and Crochet Club	group	12:30 Mental Health	12:45 Movie Day
1 Game time	1:00 Bingo	12:30 Art for Healing - RR	support group	1 Game time
1 Dance Vision		1 Inter. Knitting – E	1 Inter Oil/Acrylic painting/E	1 Protect yourself from
2:30 Tai Chi		1 Tai Chi – E	2 & 3 Apple help – RR	SCAMS with Ken
		2 GriefShare		Samantha of Humana
		<mark>2 Chair Yoga - \$2 - RR</mark>		

Coming in May:

Mother's Day Tea Party - Friday, May 9th at 2pm - \$25pp - tickets go on sale at the FSSC reception desk on Friday April 4th. Bowers Museum Presentation - May 29th at 1:30pm

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