

23721 Moulton Pkwy, Laguna Hills CA • Monday - Friday • 8:30am-4pm • [www.myagewell.org](http://www.myagewell.org) • 949-380-0155

RR = Reservations Required • E = Emeritus Class

Monday	Tuesday	Wednesday	Thursday	Friday
<b>MARCH 31</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</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>11:30 Lunch-RR</b> <b>1</b> Game time <b>1</b> Dance Vision <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 Lunch-RR</b> <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>10 &amp; 11</b> Technology help RR <b>11:30 Lunch-RR-James Woods on piano</b> <b>12:30</b> Caregiver Group <b>1</b> Inter. Knitting – E <b>1</b> Tai Chi – E <b>2</b> GriefShare <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 Lunch-RR</b> <b>12:30</b> Mental Health 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 Lunch-RR-Arnie DiCioccio on piano</b> <b>12:30</b> Cribbage <b>12:45</b> Movie Day <b>1 Guide Dogs for the Blind presentation &amp; visit/RR</b> <b>2</b> PWR! Moves exercise for Parkinson's (PEP4U)
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</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 Lunch-RR</b> <b>1</b> Game time <b>1</b> Dance Vision <b>2:30</b> Tai Chi	<b>9</b> Balance & Mobility – E <b>10</b> Beg. Chair Exercise – E <b>10 Guided Autobiography-RR</b> <b>11</b> Chair Yoga - \$2 <b>11:30 Lunch-RR</b> <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>10 &amp; 11</b> Technology help RR <b>11:30 Lunch-RR-James Woods on piano</b> <b>12:30</b> Caregiver Group <b>1</b> Inter. Knitting – E <b>1</b> Tai Chi – E <b>2</b> GriefShare <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 Lunch-RR-Amy Lee</b> <b>12:30</b> Mental Health Group <b>1</b> Inter Oil/Acrylic painting/E <b>1:30 Laughter Yoga with Pam - RR</b> <b>2 &amp; 3</b> Apple help – RR	<b>9 &amp; 10</b> Balance & Mobility/E <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 <b>1</b> Game time <b>2</b> PWR! Moves exercise for Parkinson's (PEP4U)
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
<b>9</b> HICAP – RR <b>9 &amp; 10</b> Balance & Mobility – E <b>9:30</b> Tremble Clef Practice <b>11:30 Lunch-RR- Sunshine band</b> <b>1</b> Game time <b>1</b> Dance Vision <b>2:30</b> Tai Chi	<b>9</b> Balance & Mobility – E <b>10</b> Beg. Chair Exercise – E <b>10 Guided Autobiography-\$-RR</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</b> Wire Wrapping Class/E <b>9 &amp; 10</b> Balance & Mobility – E <b>10 &amp; 11</b> Technology help RR <b>10</b> Zentangles-RR-\$5 <b>11:30 Lunch-RR Harmonaires Performance</b> <b>12:30</b> Caregiver Group <b>1</b> Inter. Knitting – E <b>1</b> Tai Chi – E <b>2</b> GriefShare <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 Lunch-RR</b> <b>12:30</b> Mental Health Group <b>1</b> Inter Oil/Acrylic painting/E <b>2 &amp; 3</b> Apple help – RR	<b>10</b> TOPS Meeting <b>11:30 Lunch-RR-Spring is in the Air Luncheon Celebration with Roy Sutherland</b> <b>12:30</b> Cribbage <b>12:45</b> Movie Day <b>1</b> Game time
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Monday	Tuesday	Wednesday	Thursday	Friday
21	22	23	24	25
<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 Lunch-RR-Tremble Clef's Performance</b> <b>1</b> Game time <b>1</b> Caregiver Resources & Adult Day Care info with Roneet of MemorialCare- RR <b>1</b> Dance Vision <b>2:30</b> Tai Chi	<b>9</b> Balance & Mobility – E <b>10</b> Beg. Chair Exercise – E <b>10</b> Card Making w/CJ – RR <b>10 Guided Autobiography- \$-RR</b> <b>11</b> Chair Yoga - \$2 <b>11:30 Lunch-RR</b> <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>10 &amp; 11</b> Technology help RR <b>11:30 Lunch-RR-James Woods on piano</b> <b>12:30</b> Caregiver support group <b>1</b> Inter. Knitting – E <b>1</b> Tai Chi – E <b>2</b> GriefShare <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>10 Medication Review-RR</b> <b>11</b> Chair Yoga - \$2 <b>11:30 Lunch-RR-Street Performers</b> <b>12:30</b> Mental Health support group <b>1</b> Inter Oil/Acrylic painting/E <b>1:30 Laughter Yoga with Pam -RR</b> <b>2 &amp; 3</b> Apple help – RR	<b>9-3 Saddleback Emeritus Summer Enrollment Help</b> <b>9 &amp; 10</b> Balance & Mobility/E <b>10</b> TOPS Meeting <b>11:30 Lunch-RR-Birthday Celebrations with Arnie DiCioccio on piano &amp; entertainment by Clown Alley</b> <b>12:30</b> Cribbage <b>12:45</b> Movie Day <b>1</b> Game time
28	29	30	MAY 1	MAY 2
<b>9-3 Saddleback Emeritus Summer Enrollment Help</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</b> <b>1</b> Game time <b>1</b> Dance Vision <b>2:30</b> Tai Chi	<b>9</b> Balance & Mobility – E <b>10</b> Beg. Chair Exercise – E <b>10 Guided Autobiography- \$-RR</b> <b>11</b> Chair Yoga - \$2 <b>11:30 Lunch-RR</b> <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>10 &amp; 11</b> Technology help RR <b>11:30 Lunch-RR-James Woods on piano</b> <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> GriefShare <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 Lunch-RR-Silver Singers</b> <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 Lunch-RR with Arnie DiCioccio on piano</b> <b>12:30</b> Cribbage <b>12:45</b> Movie Day <b>1</b> Game time <b>1 Protect yourself from SCAMS with Ken Samantha of Humana</b>

## Coming in May:

Mother's Day Tea Party - Friday, May 9<sup>th</sup> at 2pm - \$25pp – tickets go on sale at the FSSC reception desk on Friday April 4<sup>th</sup>.

Bowers Museum Presentation – May 29<sup>th</sup> at 1:30pm

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