

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
April 28	April 29	April 30	May 1	May 2
9-3 Saddleback Emeritus Summer Enrollment Help 9 HICAP – RR 9:30 Tremble Clef Practice 10 CA Driver's License Renewal Prep – RR 11:30 Lunch-RR 1 Game time 1 Dance Vision 2:30 Tai Chi	9 Balance & Mobility – E 10 Beg. Chair Exercise – E 10 Guided Autobiography-\$-RR 11 Chair Yoga - \$2 11:30 Lunch-RR 12 Knit and Crochet Club 1:00 Bingo	9 Wire Wrapping Class/E 9 & 10 Balance & Mobility – E 11:30 Lunch-RR-James Woods on piano 12:30 Caregiver support group 12:30 Art for Healing - RR 1 Inter. Knitting – E 1 Tai Chi – E 2 GriefShare 2 Chair Yoga - \$2 - RR	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	9 & 10 Balance & Mobility/E 10 TOPS Meeting 11:30 Lunch-RR with Arnie DiCioccio on piano 12:30 Cribbage 12:45 Movie Day 1 Game time 1 Protect yourself from SCAMS with Ken Samantha of Humana
5	6	7	8	9
9 & 10 Balance & Mobility – E 9:30 Tremble Clef Practice 10 CA Driver's License Renewal Prep – RR 10 Legal Aid - RR 11:30 Lunch-RR-Singer Cherri Farah 1 Game time 1 Dance Vision 2:30 Tai Chi	9 Balance & Mobility – E 10 Beg. Chair Exercise – E 10 Guided Autobiography-RR 11 Chair Yoga - \$2 11:30 Lunch-RR 12 Knit and Crochet Club 1:00 Bingo	9 Wire Wrapping Class/E 9 & 10 Balance & Mobility – E 11:30 Lunch-RR-James Woods on piano 12:30 Caregiver Group 1 Inter. Knitting – E 1 Tai Chi – E 2 GriefShare 2 Chair Yoga - \$2 - RR	9 Balance & Mobility – E 10 Beg. Chair Exercise - E 10 Yoga for Parkinson's 11 Chair Yoga - \$2 11:30 Lunch-RR-Amy Lee 12:30 Mental Health Group 1 Inter Oil/Acrylic painting/E 1:30 Laughter Yoga w/Pam - RR	9 & 10 Balance & Mobility/E 10 TOPS Meeting 11:30 Lunch-RR-Arnie DiCioccio on piano 12:30 Cribbage 12:45 Movie Day 1 Game time 2pm Mother's Day Tea Party tickets \$25
12	13	14	15	16
9 HICAP – RR 9 & 10 Balance & Mobility – E 9:30 Tremble Clef Practice 10 CA Driver's License Renewal Prep – RR 11:30 Lunch-RR- Sunshine 1 Social work hour with Roneet of MemorialCare- RR 1 Game time 1 Dance Vision 2:30 Tai Chi	9 Balance & Mobility – E 10 Beg. Chair Exercise – E 10 Guided Autobiography-\$-RR 11 Chair Yoga - \$2 11:30 Lunch-RR-Silver Singers 12 Knit and Crochet Club 1:00 Bingo	9 Wire Wrapping Class/E 9 & 10 Balance & Mobility – E 11:30 Lunch-RR-James Woods on piano 12:30 Caregiver Group 1 Inter. Knitting – E 1 Tai Chi – E 2 GriefShare 2 Chair Yoga - \$2 - RR	9 Balance & Mobility – E 10 Beg. Chair Exercise - E 10 Yoga for Parkinson's 11 Chair Yoga - \$2 11:30 Lunch-RR 12:30 Mental Health Group 1 Inter Oil/Acrylic painting/E	9 & 10 Balance & Mobility/E 10 TOPS Meeting 11:30 Lunch-RR with Arnie DiCioccio on piano 12:30 Cribbage 12:45 Movie Day 1 Game time

Over →

Monday	Tuesday	Wednesday	Thursday	Friday
19	20	21	22	23
9 HICAP – RR 9 & 10 Balance & Mobility – E 9:30 Tremble Clef Practice 10 CA Driver's License Renewal Prep – RR 11:30 Lunch-RR-Tremble Clef's Performance 1 Game time 1 Dance Vision 1:30 Why am I so Stressed Presentation by RegalMed 2:30 Tai Chi	9 Balance & Mobility – E 10 Beg. Chair Exercise – E 10 Card Making w/CJ – RR 10 Guided Autobiography-\$-RR 11 Chair Yoga - \$2 11:30 Lunch-RR-Tony Rogers Performance 12 Knit and Crochet Club 1:00 Bingo	9 Wire Wrapping Class/E 9 & 10 Balance & Mobility – E 11:30 Lunch-RR Harmonaires Performance 12:30 Caregiver support group 1 Tai Chi – E 2 GriefShare 2 Chair Yoga - \$2 - RR	10 Yoga for Parkinson's 11 Chair Yoga - \$2 11:30 Lunch-RR-Street Performers 12:30 Mental Health support group 1:30 Laughter Yoga w/Pam - RR	10 TOPS Meeting 11:30 Lunch-RR-Birthday Celebrations with Arnie DiCioccio on piano & entertainment by Clown Alley 12:30 Cribbage 12:45 Movie Day 1 Game time
26	27	28	29	30
Closed for Memorial Day	11 Chair Yoga - \$2 11:30 Lunch-RR 12 Knit and Crochet Club 1:00 Bingo	10 MemorialCare Medicare information session with Jose 11:30 Lunch-RR-James Woods on piano 12:30 Caregiver support group 12:30 Art for Healing - RR 1 Tai Chi – E 2 GriefShare 2 Chair Yoga - \$2 - RR	10 Yoga for Parkinson's 11 Chair Yoga - \$2 11:30 Lunch-RR-Silver Singers 12:30 Mental Health support group 1:30 Bowers Museum Presentation	10 TOPS Meeting 11:30 Lunch-RR with Arnie DiCioccio on piano 12:30 Cribbage 12:45 Movie Day 1 Game time

Coming in June:

- Bingo Bash - Saturday, June 21st at 3 pm - \$50pp – tickets go on sale at the FSSC reception desk on Monday, May 12th
- Father's Day Ice Cream Social – Friday June 13th at 12:31pm
- Laguna Art Museum Talk and Presentation Thursday June 26th at 1:30pm
- Call 949-380-0155 for more information

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