

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

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

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