June 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
2	3	4	5	6
9 Wire Wrapping Class/E	9 Balance & Mobility – E	9 Wire Wrapping Class/E	9 Balance & Mobility – E	10 TOPS Meeting
9:30 Balance & Mobility – E	10 Beg. Chair Exercise – E	9:30 Balance & Mobility – E	10 Beg. Chair Exercise – E	11:30 Lunch - RR with Arnie
9:30 Tremble Clef Practice	11 Chair Yoga - \$2	10 & 11 Technology help with Ken	10 Yoga for Parkinson's	DiCioccio on piano
10 CA Driver's License Renewal	11:30 Lunch - RR	Samantha - RR	11 Chair Yoga - \$2	12:30 Cribbage
Prep – RR	12 Knit and Crochet Club	11:30 Lunch – RR – James	11:30 Lunch – RR – Silver	12:45 Movie Day
10 Legal Aid - RR	12:30 Poker	Woods on piano	Singers	1 Game time
11:30 Lunch – RR	1:00 Bingo	12:30 Caregiver support group	12:30 Mental Health support group	
1 Game time	3.	1 Tai Chi – Emeritus	12:30 Therapy Dogs visiting	
1 Tai Chi – Emeritus		2 GriefShare	1 Inter Oil/Acrylic painting/E	
1 Dance Vision		2 Chair Yoga - \$2 - RR	2 Golden Age of Television with	
2:30 Tai Chi			Dr. Michelle Stanton - RR	
9	10	11	12	13
9 Wire Wrapping Class/E	9 Balance & Mobility – E	9 Wire Wrapping Class/E	9 Balance & Mobility – E	10 TOPS Meeting
9:30 Balance & Mobility – E	10 Beg. Chair Exercise – E	9:30 Balance & Mobility – E	10 Beg. Chair Exercise - E	11:30 Lunch – RR with Arnie
9 HICAP – RR	10:30 Information session about	10 & 11 Technology help with Ken	10 Yoga for Parkinson's	DiCioccio on piano
9:30 Tremble Clef Practice	our Guided Autobiography class	Samantha - RR	11 Chair Yoga - \$2	12:30 Father's Day Ice Cream
10 CA Driver's License Renewal	- RR (one-time session)	11:30 Lunch – RR – James	11:30 Lunch – RR	Social - RR
Prep – RR	11 Chair Yoga - \$2	Woods on piano	12:30 Mental Health Group	12:30 Cribbage
11:30 Lunch – RR	11:30 Lunch - RR	12:30 Caregiver Group	12:30 Therapy Dogs visiting	12:45 Movie Day
1 Tai Chi – Emeritus	12 Knit and Crochet Club	1 Tai Chi – Emeritus	1 Inter Oil/Acrylic painting/E	1 Game time
1 Game time	12:30 Poker	2 Chair Yoga - \$2 - RR	1:30 Laughter Yoga with Pam -	
1 Dance Vision	1:00 Bingo		RR	
1 Social work hour w/Roneet of			2 & 3 Apple help – RR	
MemorialCare on VA Benefits - RR			2 Golden Age of Television with	
2:30 Tai Chi			Dr. Michelle Stanton - RR	
16	17	18	19	20
9 Wire Wrapping Class/E	9 Balance & Mobility – E	9 Wire Wrapping Class/E	9 Balance & Mobility – E	10 TOPS Meeting
9 HICAP – RR	10 Beg. Chair Exercise – E	9:30 Balance & Mobility – E	10 Beg. Chair Exercise - E	11:30 Lunch - RR with Arnie
9:30 Balance & Mobility – E	11 Chair Yoga - \$2	10 Financial Consultations with	10 Yoga for Parkinson's	DiCioccio on piano
9:30 Tremble Clef Practice	11:30 Lunch – RR - Tony Rogers	Tim Bryant – RR	11 Chair Yoga - \$2	12:30 Cribbage
10 CA Driver's License Renewal	Performance	10 & 11 Technology help with Ken	11:30 Lunch - RR	12:45 Movie Day
Prep – RR	12 Knit and Crochet Club	Samantha - RR	12:30 Mental Health Group	1 Game time
11:30 Lunch – RR - Tremble	12:30 Poker	11:30 Lunch - RR Harmonaires	12:30 Therapy Dogs visiting	
Clef's Performance	1:00 Bingo	Performance	1 Inter Oil/Acrylic painting/E	
1 Tai Chi – Emeritus	Ĭ	12:30 Caregiver Group	2 Golden Age of Television with	
1 Game time		1 Tai Chi – Emeritus	Dr. Michelle Stanton - RR	
1 Dance Vision		2 Chair Yoga - \$2 - RR		Over -
2:30 Tai Chi				

June 2025

Monday	Tuesday	Wednesday	Thursday	Friday
23	24	25	26	27
9 to 4 Walk-in for Saddleback Emeritus Fall Enrollment assistance 9 Wire Wrapping Class/E 9 HICAP – RR 9:30 Balance & Mobility – E 9:30 Tremble Clef Practice 10 CA Driver's License Renewal Prep – RR 11:30 Lunch – RR – Sunshine Band	9 Balance & Mobility – E 10 Beg. Chair Exercise – E 10 Advanced Card Making Class with CJ – RR 11 Chair Yoga - \$2 11:30 Lunch – RR – Silver Singers 12 Knit and Crochet Club 12:30 Poker 1:00 Bingo 1 Beginner Card Making Class	9 Wire Wrapping Class/E 9:30 Balance & Mobility – E 10 MemorialCare Medicare information session with Jose 10 & 11 Technology help with Ken Samantha - RR 11:30 Lunch – RR – James Woods on piano 12:30 Caregiver support group 12:30 Art for Healing - RR 1 Inter. Knitting – E	9 Balance & Mobility – E 10 Beg. Chair Exercise – E 10 Yoga for Parkinson's 10 Medication Consultations - RR 11 Chair Yoga - \$2 11:30 Lunch - RR-Street Performers 12:30 Mental Health support group 12:30 Therapy Dogs visiting 1 Inter Oil/Acrylic painting/E 1:30 Laughter Yoga Pam – RR	10 TOPS Meeting 11:30 – 1 Cox Communications presents internet safety session, lunch & learn - RR 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
1 Tai Chi – Emeritus 1 Game time 1 Dance Vision 2:30 Tai Chi	with CJ – RR July 1	1 Tai Chi – Emeritus 2 Chair Yoga - \$2 - RR	1:30 Sound Bath with Optum - RR 2 Golden Age of Television with Dr. Michelle Stanton - RR July 3	July 4
9 Wire Wrapping Class/E 9:30 Balance & Mobility – E 9:30 Tremble Clef Practice 10 CA Driver's License Renewal Prep – RR 11:30 Lunch – RR 1 Social work hour with Roneet of MemorialCare- RR 1 Tai Chi – Emeritus 1 Game time 1 Dance Vision 2:30 Tai Chi	9 Balance & Mobility – E 10 Beg. Chair Exercise – E 11 Chair Yoga - \$2 11:30 Lunch - RR 12 Knit and Crochet Club 12:30 Poker 1:00 Bingo	9 Wire Wrapping Class/E 9:30 Balance & Mobility – E 10 & 11 Technology help with Ken Samantha - RR 11:30 Lunch – RR – James Woods on piano 12:30 Caregiver support group 1 Inter. Knitting – E 1 Tai Chi – Emeritus 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 support group 12:30 Therapy Dogs visiting 1 Inter Oil/Acrylic painting/E 2 Golden Age of Television with Dr. Michelle Stanton - RR	Closed for Independence Day

Coming in July:

- Golden Age of Television Series with Dr. Michelle Stanton continues Thursdays at 2pm reservations required
- VA Benefits Presentation with Martie Atkins of Home Instead on Monday, July 14th at 1:30pm reservations required
- Stay tuned for more exciting news!