

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

RR = Reservations Required • E = Emeritus class • Calendar subject to changes

Monday	Tuesday	Wednesday	Thursday	Friday
July 28 9 Wire Wrapping Class/E 9:30 Tremble Clef Practice 10 CA Driver's License Renewal Prep – RR 9 HICAP – RR 10:15 Therapy Dogs visiting 11:30 Lunch-RR 1 Game time 1 Dance Vision 2:30 Tai Chi	July 29 11:30 Lunch-RR-Megumi Choir 12 Knit and Crochet Club 12:30 Poker 1:00 Bingo 2 Star Painting with Carmen-RR 1:30 Creative Coloring with Peggy-RR	July 30 9 Wire Wrapping Class/E 10 & 11 Technology help with Ken Samantha – RR 10 Financial Consultations with Tim Bryant – RR 11 Chair Dance Vision Class-RR** 11:30 Lunch-RR-James Woods on piano 12:30 Caregiver support group 12:30 Art for Healing – RR 2 Dance Vision 2 Grief Share	July 31 10 PEP4U Yoga for Parkinson's 11 Chair Yoga - \$2 11:30 Lunch-RR 12:30 Mental Health support group 2 Golden Age of Television with Dr. Michelle Stanton 2 & 3 – Apple help appts -RR	August 1 10 TOPS Meeting 11:30 Lunch-RR-with Arnie DiCioccio on piano 12:30 Cribbage 12:45 Movie Day 1 Game time
4 9 Wire Wrapping Class/E 9:30 Tremble Clef Practice 10:00 Legal Assistance-RR 10 CA Driver's License Renewal Prep – RR 11:30 Lunch-RR 1 Tai Chi – Emeritus 1 Game time 1 Dance Vision 2:30 Tai Chi	5 11:30 Lunch-RR 12 Knit and Crochet Club 12:30 Poker 1:00 Bingo 1:30 Creative Coloring with Peggy-RR	6 9 Wire Wrapping Class/E 10 & 11 Technology help with Ken Samantha – RR 10 Parkinson's coffee chat with PEP4U 11 Chair Dance Vision Class-RR** 11:30 Lunch-RR-James Woods on piano 12:30 Caregiver Group 1 Dance Vision 2 Grief Share	7 10 PEP4U Yoga for Parkinson's 11 Chair Yoga - \$2 11:30 Lunch-RR-Silver Singers 12:30 Mental Health Group 2 Golden Age of Television with Dr. Michelle Stanton 2 & 3 – Apple help appts -RR	8 10 TOPS Meeting 11:30 Lunch-RR with Arnie DiCioccio on piano 12:30 Cribbage 12:45 Movie Day 1 Game time
11 9 HICAP – RR 9:30 Tremble Clef Practice 11:30 Lunch-RR-Sunshine Band 1 Tai Chi – Emeritus 1 Game time 1 Dance Vision 1 Social work hour with Roneet of MemorialCare – Housekeep Resources-RR 2:30 Tai Chi	12 11:30 Lunch-RR 12 Knit and Crochet Club 12:30 Poker 1:00 Bingo 1:30 Creative Coloring with Peggy-RR 1:30 Laughter Yoga by Pam - RR	13 10 & 11 Technology help with Ken Samantha – RR 11:30 Lunch-RR-James Woods on piano 12:30 Caregiver Group 2 Grief Share	14 10:00 Therapy Dogs visiting 10 PEP4U Yoga for Parkinson's 11 Chair Yoga - \$2 11:30 Lunch-RR 12:30 Mental Health Group 2 Golden Age of Television with Dr. Michelle Stanton 2 & 3 – Apple help appts -RR	15 10 TOPS Meeting 11:30 Lunch-RR with Arnie DiCioccio on piano 12:30 Cribbage 12:45 Movie Day 1 Game time



Monday	Tuesday	Wednesday	Thursday	Friday
18 9 HICAP – RR 9 Balance & Mobility – E 9:30 Tremble Clef Practice 10 Balance & Mobility – E 11:30 Lunch-RR-Tremble Clef's Performance 1 Tai Chi – Emeritus 1 Game time 1 Dance Vision 2:30 Tai Chi	19 9 Balance & Mobility – E 10 Beg. Chair Exercise – E 10 Advanced Card Making Class with CJ – RR 11:30 Lunch-RR-Tony Rogers Performance 12 Knit and Crochet Club 12:30 Poker 1:00 Bingo 1 Beginner Card Making Class with CJ – RR 1:30 Creative Coloring with Peggy-RR	20 9 Wire Wrapping Class/E 9 Balance & Mobility – E 10 MemorialCare Medicare information session with Jose 10 Balance & Mobility – E 10 & 11 Technology help with Ken Samantha – RR 10 Financial Consultations with Tim Bryant – RR 11 Chair Dance Vision Class-RR** 11:30 Lunch-RR- Harmonaires Performance 12:30 Caregiver support group 1 Inter. Knitting – Emeritus 1 Tai Chi – Emeritus 2 Dance Vision 2 Grief Share	21 9 Balance & Mobility – E 10 Beg. Chair Exercise – E 10 PEP4U Yoga for Parkinson's 10 Individual Medication consultations-RR 11 Chair Yoga - \$2 11:30 Lunch-RR 12:30 Mental Health support group 1 Inter Oil/Acrylic painting/E 2 Golden Age of Television with Dr. Michelle Stanton 2 & 3 – Apple help appts -RR	22 10 TOPS Meeting 11:30 Lunch-RR with Arnie DiCioccio on piano 12:30 Cribbage 12:45 Movie Day 1 Game time 4:30-Trivia FUNdraiser Tickets are \$25 including pizza, salad, dessert & mocktails! Cash prizes & raffles! Call 949-380-0155 for more info & tickets.
25 9 Balance & Mobility – E 9 HICAP – RR 9:30 Tremble Clef Practice 10 Balance & Mobility – E 10 CA Driver's License Renewal Prep – RR 11:30 Lunch-RR 1 Game time 1 Dance Vision 2:30 Tai Chi	26 9 Balance & Mobility – E 10 Beg. Chair Exercise – E 11:30 Lunch-RR-Silver Singers 12 Knit and Crochet Club 12:30 Poker 1:00 Bingo 2 Laughter Yoga by Pam – RR 1:30 Creative Coloring with Peggy-RR	27 9 Wire Wrapping Class/E 9 Balance & Mobility – E 10 & 11 Technology help with Ken Samantha – RR 10 Balance & Mobility – E 10 Parkinson's coffee chat with PEP4U 11 Chair Dance Vision Class-RR** 11:30 Lunch-RR-James Woods 12:30 Caregiver support group 12:30 Art for Healing – RR 1 Inter. Knitting – Emeritus 1 Tai Chi – Emeritus 2 Grief Share	28 9 Balance & Mobility – E 10 Beg. Chair Exercise – E 10:00 Therapy Dogs visiting 10 PEP4U Yoga for Parkinson's 11 Chair Yoga - \$2 11:30 Lunch-RR-Street Performers 12:30 Mental Health support group 1 Inter Oil/Acrylic painting/E 2 Golden Age of Television with Dr. Michelle Stanton 2 & 3 – Apple help appts -RR	29 9 Balance & Mobility – E 10 TOPS Meeting 10 Balance & Mobility – E 11:30 Lunch-RR-with Arnie DiCioccio on piano & Monthly Birthday Celebrations 12:30 Cribbage 12:45 Movie Day 1 Game time