

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
1 	2 9 Balance & Mobility – E 10 Beg. Chair Exercise – E 11:30 Lunch-RR 12 Knit and Crochet Club 12:30 Poker 1:00 Bingo	3 9 Wire Wrapping Class - E 9 & 10 Balance & Mobility – E 10 & 11 Tech. help with Ken-RR 11:30 Lunch-RR-James Woods 12:30 Caregiver support group 1 Inter. Knitting – Emeritus 1 Tai Chi – Emeritus 2 Grief Share	4 9 Balance & Mobility – E 10 Beg. Chair Exercise – E 10 PEP4U Yoga for Parkinson's 11 Chair Yoga - \$2 11:30 Lunch-RR 12:30 Mental health support group 1 Inter Oil/Acrylic painting/E 1 Chair Dance Vision Class-RR 2 Dance Vision 2 & 3 – Apple help with Don-RR	5 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
8 9 & 10 Balance & Mobility – E 9 Legal Assistance-RR 10 PEP4U Tremble Clef Practice 10 CA Driver's License Renewal Prep – RR 11:30 Lunch-RR-Sunshine Band 1 Game time 1 MemorialCare's Roneet presents on Fraud/Scam -RR 1 Dance Vision 2:30 Tai Chi	9 9 Balance & Mobility – E 10 Beg. Chair Exercise – E 11:30 Lunch-RR-Joe Ritkes sings 12 Knit and Crochet Club 12:30 Poker 1:00 Bingo 1:30 Paint & Sip w/Carmen & Optum-RR 1:30 Laughter Yoga w/Pam	10 9 Wire Wrapping Class - E 9 & 10 Balance & Mobility – E 10 & 11 Tech. help with Ken-RR 11:30 Lunch-RR-James Woods 12:30 Caregiver support group 1 Inter. Knitting – Emeritus 1 Tai Chi – Emeritus 2 Grief Share	11 9 Balance & Mobility – E 10 Beg. Chair Exercise – E 10 PEP4U 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 1 Chair Dance Vision Class-RR 2 Dance Vision 2 & 3 – Apple help with Don-RR	12 9 & 10 Balance & Mobility – E 10 TOPS Meeting 10 Parkinson's coffee chat with PEP4U 11:30 Lunch-RR with Arnie DiCioccio on piano 12:30 Cribbage 12:45 Movie Day 1 Game time
15 9 HICAP – RR 9 & 10 Balance & Mobility – E 10 PEP4U Tremble Clef Practice 11:30 Lunch-RR-Tremble Clef's 1 Game time 1 Dance Vision 2:30 Tai Chi	16 9 Balance & Mobility – E 10 Beg. Chair Exercise – E 10 Vaccine clinic-RR 11:30 Lunch-RR-Tony Rogers 12 Knit and Crochet Club 12:30 Poker 1:00 Bingo 1:30 Creative Coloring Workshop with Peggy-RR	17 9 Wire Wrapping Class - E 9 & 10 Balance & Mobility – E 10 Financial Consultations with Tim Bryant – RR 10 & 11 Tech. help with Ken-RR 11:30 Lunch-RR-Harmonaires 12:30 Caregiver support group 1 Inter. Knitting – Emeritus 1 Tai Chi – Emeritus 2 Grief Share	18 9 Balance & Mobility – E 10 Beg. Chair Exercise – E 10 PEP4U Yoga for Parkinson's 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 1 Chair Dance Vision Class-RR 2 Dance Vision 2 & 3 – Apple help with Don-RR	19 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

22	23	24	25	26
9 & 10 Balance & Mobility – E 9 HICAP – RR 10 PEP4U 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 Advanced Card Making with CJ – RR 11:30 Lunch-RR-Silver Singers 12 Knit and Crochet Club 12:30 Poker 1:00 Bingo 2 Laughter Yoga by Pam – RR 1 Beginner Card Making w/CJ – RR	9 Wire Wrapping Class/E 9 & 10 Balance & Mobility – E 10 & 11 Tech. help with Ken– RR 10 MemorialCare Medicare information session with Jose 11:30 Lunch-RR-James Woods 12:30 Caregiver support group 12:30 Art4Healing – RR 1 Inter. Knitting – Emeritus 1 Tai Chi – Emeritus 2 Grief Share	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 1 Chair Dance Vision Class-RR 2 Dance Vision 2 Golden Age of Television with Dr. Michelle Stanton 2 & 3 – Apple help with Don-RR	9 & 10 Balance & Mobility – E 10 TOPS Meeting 10 Parkinson's coffee chat with PEP4U 11:30 Lunch-RR-with Arnie DiCioccio on piano & Monthly Birthday Celebrations 12:30 Cribbage 12:45 Movie Day 1 Game time 1:30 Optum Fun event TBD - RR
29	30	October 1	October 2	October 3
9 & 10 Balance & Mobility – E 9 HICAP – RR 10 PEP4U Tremble Clef Practice 11:30 Lunch-RR 1 Game time 1 Dance Vision 2:30 Tai Chi	9 Balance & Mobility – E 10 Beg. Chair Exercise – E 10 Advanced Card Making w/CJRR 11:30 Lunch-RR-Silver Singers 12 Knit and Crochet Club 12:30 Poker 1:00 Bingo 1 Beginner Card Making w/CJ – RR	9 Wire Wrapping Class/E 9 & 10 Balance & Mobility – E 11:30 Lunch-RR-James Woods 12:30 Caregiver support group 1 Inter. Knitting – Emeritus 1 Tai Chi – Emeritus 2 Grief Share	9 Balance & Mobility – E 10 Beg. Chair Exercise – E 10 PEP4U Yoga for Parkinson's 11 Chair Yoga - \$2 11:30 Lunch-RR 12:30 Mental health support group 1 Inter Oil/Acrylic painting/E 1 SCAM STOPPER SEMINAR presented by Senator Blakespear's office 1 Chair Dance Vision Class-RR 2 Dance Vision 2 Golden Age of Television with Dr. Michelle Stanton 2 & 3 – Apple help with Don - RR	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

October Seak Peaks of fun to come to FSSC:

Thursday Oct 2nd – 1pm - Join us for Scan Stopper Seminar presented by Senator Blakespears' office

Tuesday Oct 7th – 1:30pm Pumpkin Painting with Carmen and Optum – RR

Wednesday Oct 22nd 10:00am – Medicare 101 with Jose Juarez of MemorialCare

Friday Oct 24th at 9am – HICAP Annual enrollment Clinic – RR

Wednesday Oct 29th 1:30pm – Medicare 101 Options for 2026 with Carmen Llort

Big FUNdraiser to be announced for October – more soon!