

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Closed	2 9-10 Balance & Mobility 10 – Tops 11:30 – Lunch RR Arnie DiCioccio (piano) 12:30 – Cribbage 12:45 – Movie 1 Games
5 9 HICCAP 10 Pep4u Tremble Clef Practice 11:30 Lunch RR 1 Game time 1 Dance Vision RR 2:30 Tai Chi	6 11:30 Lunch RR Joe Ritkes Sings with Keyboard 12 Knit and Crochet Club 12:30 Poker 1 Bingo	7 10 Parkinsons coffee chat Pep4u 10 Tech help by appt. 11:30 Lunch RR James Woods Piano 12:30 Caregiver Support Grp 1 Tai Chi E 2 Grief Share	8 10 PEP 4U yoga for Parkinsons 10 Caption Call Lobby 11 Chair Yoga \$2 11:30 Lunch RR Silver Singers (singers)	9 10 TOPS 11:30 – Lunch RR Arnie DiCioccio (piano) 12:30 Cribbage 12:45 Movie 1 Games 1:30 – Rock Painting Optum
12 9 HICCAP 9 & 10 Balance & Mobility 9 Legal Assistance by appt. 10 CA Driver's License Renewal Prep RR 10 Pep4u Tremble Clef Practice 10 Carmen Medicare - Lobby 11:30 Lunch RR Sunshine Band (singers) 1 Caregiver Resources 1 Game time 1 Dance Vision RR 2:30 Tai Chi	13 9 Balance & Mobility – E 10 Beg. Chair Exercise -E 11:30 Lunch 12 Knit and Crochet Club 12:30 Poker 1 Bingo	14 9 Wire Wrapping Class E 9 & 10 Balance & Mobility 10 Tech help by appt. 11:30 Lunch RR James Woods Piano 12:30 Caregiver Support Grp 1 Intermediate Knitting E 1 Tai Chi E 2 Grief Share	15 9 Balance & Mobility E 10 Beg. Chair Exercise E 10 Medication Consultation RR 10 PEP 4U yoga for Parkinsons 11 Chair Yoga \$2 11:30 Lunch 12:30 Mental Illness Support 1 Chair Dance Vision RR 2 Dance Vision RR	16 10 TOPS 11:30 – Lunch RR Arnie DiCioccio (piano) 12:30 Cribbage 12:45 Movie 1 inter. Oil/Acrylic Painting E 1 Games

19	20	21	22	23
Closed	9 Balance & Mobility – E 10 Beg. Chair Exercise -E 11:30 Lunch RR Tony Rogers Sings and dances 12 Knit and Crochet Club 12:30 Poker 1 Bingo 1:30 Suncatcher and Wind chimes craft - Optum	9 Wire Wrapping Class E 9 & 10 Balance & Mobility 10 Parkinsons coffee chat Pep4u 10 Tech help by appt. 10 Financial Consulting 11:30 Lunch RR Harmonaires 12:30 Caregiver Support Grp 1 Intermediate Knitting E 1 Tai Chi E 1:30 Crafting with Cameron – Butterfly's	9 Balance & Mobility E 10 Beg. Chair Exercise E 10 PEP 4U yoga for Parkinsons 11 Chair Yoga \$2 11:30 Lunch RR Street Performers 12:30 Mental Illness Support 1 Chair Dance Vision RR 2 Dance Vision RR	10 TOPS 11:30 – Lunch RR Arnie DiCioccio (piano) 12:30 Cribbage 12:45 Movie 1 inter. Oil/Acrylic Painting E 1 Games
26	27	28	29	30
9 HICCAP 10 CA Driver's License Renewal Prep RR 10 Pep4u Tremble Clef Practice 11:30 Lunch RR 1 Game time 1 Dance Vision RR 2:30 Tai Chi	9 Balance & Mobility – E 10 Beg. Chair Exercise -E 11:30 Lunch RR Silver singers (singers) 12 Knit and Crochet Club 12:30 Poker 1 Bingo	9 Wire Wrapping Class E 9 & 10 Balance & Mobility 10 Tech help by appt. 10 Financial Consulting 11:30 Lunch RR James Woods (piano) 12:30 Caregiver Support Grp 12:30 Art4 Healing 1 Intermediate Knitting E 1 Tai Chi E	9 Balance & Mobility E 10 Beg. Chair Exercise E 10 PEP 4U yoga for Parkinsons 11 Chair Yoga \$2 11:30 Lunch 12:30 Mental Illness Support 1 Chair Dance Vision RR 2 Dance Vision RR	9-10 Balance & Mobility 10 TOPS 11:30 Lunch RR Arnie DiCioccio (piano) 12:30 Cribbage 12:45 Movie 1 inter. Oil/Acrylic Painting E 1 Games

Happy New Year!

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

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