


April

Age Well | DOROTHY VISSER
SENIOR CENTER

Age Well's Dorothy Visser Senior Center
117 Avenida Victoria, San Clemente (949) 498-3322

2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
					8:00 – Coffee Chat 12:00 - Lunch – April Fools Music by: Robert Fields	
3	4	5	6	7	8	9
Gym Hours – M- F 8:30 – 4:00	9:00 – HICCAP 10 – 4 - Acrylics 11:45 – Lunch 12:00 - Bridge 12:30 – Fresh Food Mon. 3:00 - Chair Yoga	9:00 Strength & Flexibility 10:30 Doc Talk with Dr. Trinh 11:00 Grief Support 1:00 Sketching 3:00 Chair Yoga	9:00 – TOPS 10:30 – Senior Grocery 11:45 - Lunch 1:00- BINGO	9:00 - Strength & Flexibility 11:45 – Lunch 1:00 - Bridge 3:00-Mat Yoga	8:00 – Coffee Chat 12:00 - Lunch – Music by: Doug Houston	
10	11	12	13	14	15	16
Gym Hours – M- F 8:30 – 4:00	10 – 4 - Acrylics 11:45 – Lunch 12:00 - Bridge 12:30 – Fresh Food Mon. 3:00 - Chair Yoga	9:00 Strength & Flexibility 10:30 Horseracing 11:45 Lunch 1:00 Sketching 3:00 Chair Yoga	9:00 – TOPS 11:45 - Lunch 1:00- BINGO	9:00 - Strength & Flexibility 11:00 Bill Liu – OCHCA Talk 11:45 – Lunch 1:00 - Bridge 3:00-Mat Yoga	8:00 – Coffee Chat 12:00 - Lunch –Good Friday Music by: Brian Flammer	
17	18	19	20	21	22	23
Gym Hours – M- F 8:30 – 4:00 	10 – 4 - Acrylics 11:45 – Lunch – Easter Bonnet contest 12:00 - Bridge 12:30 – Fresh Food Mon. 3:00 - Chair Yoga	9:00 Strength & Flexibility 11:45 Lunch 1:00 Sketching 3:00 Chair Yoga	9:00 – TOPS 9:00 Wills & Trust Atty 10-4 Joni Jewels Sale 10:00 – Medicare 101 10:30 – Senior Grocery 11:45 - Lunch 1:00 - BINGO	9:00 - Strength & Flexibility 10-1 Bill Liu one on ones 11:45 – Lunch 1:00 - Bridge 3:00-Mat Yoga	8:00 – Coffee Chat 12:00 - Lunch –Music by CBD Trio	
24	25	26	27	28	29	30
Gym Hours – M- F 8:30 – 4:00	10 – 4 - Acrylics 11:45 – Lunch 12:00 - Bridge 12:30 – Fresh Food Mon. 3:00 - Chair Yoga	9:00 Strength & Flexibility 11:45 Lunch 1:00 Sketching 3:00 Chair Yoga	9:00 – TOPS 11:45 - Lunch 1:00- BINGO	9:00 - Strength & Flexibility 11:45 – Lunch 1:00 - Bridge 3:00-Mat Yoga	8:00 – Coffee Chat 12:00 - Lunch – Birthday – Ice Cream Sundaes	