

July

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 8:00 – Coffee Chat 12:00 - Lunch –4th of July Music by Robert Fields	2
3	4 Closed for the 4 th of July	5 9:00 HICCAP 9:00 Strength & Flexibility 10:30 Doc Talk with Dr. Trinh 10:30 - Crafts 11:00 Grief Support 1:00 Knitters 2:30 Chair Yoqa	6 9:00 – TOPS 9:00 - Yoga 10:00 – Caregiver Support group 11:45 - Lunch 1:00- BINGO	7 9:00 - Strength & Flex 10:15 Mexican Train 10:45- PEP4U 11:00 – Healthy Cooking 11:45 – Lunch 1:00 - Bridge 2:30-Mat Yoga	8 8:00 – Coffee Chat 10:00 – Aetna 12:00 - Lunch –Summer Music by Brian Flammer	9
10	11 10:00 – Hand & Foot 11:00 – Mah Jong 11:45 – Lunch 12:00 - Bridge 12:30 – Fresh Food Mon. 2:30 - Chair Yoga	12 9:00 Strength & Flexibility 10:30 – Crafts 1:00 Knitters 2:30 Chair Yoga	13 9:00 – TOPS 9:00 - Yoga 11:45 - Lunch 1:00- BINGO	14 9:00 - Strength & Flex 10:15 Mexican Train 10:45- PEP4U 11:45 – Lunch 1:00 - Bridge 2:30-Mat Yoga	15 8:00 – Coffee Chat 11:00 - Optum 12:00 - Lunch –Beach Day Music by CBD Trio	16
8:00817	18 10:00 – Hand & Foot 11:00 – Mah Jong 11:45 – Lunch 12:00 - Bridge 12:30 – Fresh Food Mon. 12:30 – Movie Mondays 2:30 - Chair Yoga	19 9:00 Strength & Flexibility 11:00 – Horse Racing 1:00 Knitters 2:30 Chair Yoga	20 9:00 – TOPS 9:00 – Yoga 9:00 – Wills and Trusts 9:30 - Tech Class 10:00 – Medicare 101 10:30 - Senior Grocery 11:00 - Blood Pressure 11:45 - Lunch 1:00 - BINGO	21 9:00 - Strength & Flex 10:15 Mexican Train 10:45- PEP4U 11:00 – Bill Liu 11:45 – Lunch 1:00 - Bridge 2:30-Mat Yoga	22 8:00 – Coffee Chat 12:00 - Lunch –Summer Music by Classic Rockin	23 Saturday Night Bingo!!~::~
24	25 10:00 – Hand & Foot 11:00 – Mah Jong 11:45 – Lunch 12:00 - Bridge 12:30 – Fresh Food Mon. 2:30 - Chair Yoga	26 9:00 Strength & Flexibility 10:30 Crafts 1:00 Knitters 2:30 Chair Yoga	27 9:00 – TOPS 9:00 - Yoga 11:45 - Lunch 1:00- BINGO	28 9:00 - Strength & Flex 10:15 Mexican Train 10:45- PEP4U 11:45 – Lunch 1:00 - Bridge 2:30-Mat Yoga	29 8:00 – Coffee Chat 10:00 – Hearing Screening 12:00 - Lunch –July B-days Ice Cream Music by Doug Houston	30 9:00 Rummage Sale Donations