

August 2022

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

Age Well | DOROTHY VISSER
SENIOR CENTER

Events & Classes

Visit myagewell.org

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9:00 - HICCAP 10:00 - Hand & Foot 11:00 - Mah Jong 11:45 - Lunch 12:00 - Bridge 12:30 - Fresh Food Mon. 2:30 - Chair Yoga	2 9:00 - Strength & Flexibility 10:30 - Doc Talk with Dr. Trinh 10:30 - Crafts 11:00 Grief Support 1:00 Knitters 2:30 Chair Yoga	3 9:00 - TOPS 9:00 - Yoga 10:00 - Caregiver Support group 11:45 - Lunch 1:00- BINGO 4:30 - Sound Bath	4 9:00 - Strength & Flex 10:15 Mexican Train 10:45- PEP4U 11:00 - Healthy Cooking 11:45 - Lunch 1:00 - Bridge 2:30-Yoga	5 8:00 - Coffee Chat 12:00 - Lunch - Dining Entertainment. Music by Robert Fields	6 Rummage Sale 8-2 pm
8 10:00 - Hand & Foot 11:00 - Mah Jong 11:45 - Lunch 12:00 - Bridge 12:30 - Fresh Food Mon. 2:30 - Chair Yoga	9 9:00 Strength & Flexibility 10:30 - Crafts 1:00 Knitters 2:30 Chair Yoga	10 9:00 - TOPS 9:00 - Yoga 11:45 - Lunch 1:00- BINGO	11 9:00 - Strength & Flex 10:15 Mexican Train 10:45- PEP4U 11:45 - Lunch 1:00 - Bridge 2:30-Yoga	12 8:00 - Coffee Chat 10:00 - Aetna 11:00 - OCSD - Scams 12:00 - Western Day - Music by Doug Houston	13
15 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	16 9:00 Strength & Flexibility 10:30 - Crafts 1:00 Knitters 2:30 Chair Yoga	17 9:00 - TOPS 9:00 - Yoga 9:00 - Wills and Trusts 9:30 - Tech Class 10:00 - Medicare 101 10:30 - Senior Grocery 11:45 - Lunch 1:00 - BINGO	18 9:00 - Strength & Flex 10:15 Mexican Train 10:45- PEP4U 11:45 - Lunch 1:00 - Bridge 2:30-Yoga	19 8:00 - Coffee Chat 11:00 - Optum 12:00 - Lunch - Luau performance by Hula Connection	20
22 10:00 - Hand & Foot 11:00 - Mah Jong 11:45 - Lunch 12:00 - Bridge 12:30 - Fresh Food Mon. 2:30 - Chair Yoga	23 9:00 Strength & Flexibility 10:30 - Crafts 1:00 Knitters 2:30 Chair Yoga	24 9:00 - TOPS 9:00 - Yoga 11:45 - Lunch 1:00- BINGO	25 9:00 - Strength & Flex 10:00 Emeritus Art 10:15 Mexican Train 10:45- PEP4U 11:45 - Lunch 1:00 - Bridge 2:30-Yoga	26 8:00 - Coffee Chat 12:00 - Lunch - Birthday Ice Cream - Music by Rockin Classic	27
29 10:00 - Hand & Foot 11:00 - Mah Jong 11:45 - Lunch 12:00 - Bridge 12:30 - Fresh Food Mon. 2:30 - Chair Yoga	30 9:00 Strength & Flexibility 10:30 - Painting Class for all 1:00 Knitters 2:30 Chair Yoga	31 9:00 - TOPS 9:00 - Yoga 11:45 - Lunch 1:00- BINGO			