

October

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	3 9:00 – HICCAP 10:00 – Hand & Foot 11:45 – Lunch 12:00 - Bridge 12:30 – Fresh Food Mon. 12:30 – Movie Mondays 2:30 - Chair Yoga	4 9:00 Strength & Flexibility 10:30 – Crafts/Horseracing 11:00 – Grief Class 1:00 Knitters 2:30 Chair Yoga	5 9:00 – TOPS 9:00 – No Yoga 10:00 – Caregiver Support group 11:45 - Lunch 1:00- BINGO	6 9:00 - Strength & Flex 10:15 Mexican Train 10:45- PEP4U 11:45 – Lunch 1:00 - Bridge 2:30-Yoga	7 8:00 – Coffee Chat 12:00 - Lunch – Music by CBD Trio - Oktoberfest	8
9	10 9:30 - Blood Pressures 10:00 – Hand & Foot 11:45 – Lunch 12:00 - Bridge 12:30 – Fresh Food Mon. 2:30 - Chair Yoga	11 9:00 Strength & Flexibility 10:30 – Halloween crafting 1:00 Knitters 2:30 Chair Yoga	12 9:00 – TOPS 9:00 – No Yoga 11:45 - Lunch 1:00- BINGO 6:00 – Medicare 101	13 9:00 - Strength & Flex 10:15 Mexican Train 10:45- PEP4U 11:45 – Lunch 1:00 - Bridge 2:30-Yoga 10:00 – 1:00 Flu Clinic	14 8:00 – Coffee Chat 9:30 – Crafting with Shelli 12:00 - Lunch – Music by Alpha Rhythm	15
16	17 10:00 – Hand & Foot 11:45 – Lunch 12:00 - Bridge 12:30 – Fresh Food Mon. 12:30 – Movie Mondays 2:30 - Chair Yoga	18 9:00 Strength & Flexibility 10:30 – Finances- Creating your Estate Plan 1:00 Knitters 2:30 Chair Yoga	19 9:00 – TOPS 9:00 – No Yoga 10:00 – Optum Medicare 101 9:00 – Wills and Trust Atty 11:45 - Lunch 1:00- BINGO	20 9:00 - Strength & Flex 10:15 Mexican Train 10:45- PEP4U 11:45 – Lunch 1:00 - Bridge 2:30-Yoga	21 8:00 – Coffee Chat 10:00 – Legacy Writing Class 11:00 – Medicare - Sabrina 12:00 - Lunch – Music by Robert Fields	22 Saturday Night Bingo!
23	24/31 10:00 – Hand & Foot 11:45 – Lunch - 12:00 - Bridge 12:30 – Fresh Food Mon. 2:30 - Chair Yoga HALLOWEEN – 31ST	25 9:00 Strength & Flexibility 10:30 – Crafts/Horseracing 1:00 - Knitters 2:30 - Chair Yoga 2:30 – Medicare 101	26 9:00 -Joni Jewelry Sale 9:00 – TOPS 9:00 – No Yoga 11:45 - Lunch 1:00- BINGO	27 :00 - Strength & Flex 10:15 Mexican Train 10:45- PEP4U 11:45 – Lunch 1:00 - Bridge 2:30-Yoga	28 8:00 – Coffee Chat 12:00 - Lunch – Music by Dour Houston - Birthday	29