

January

Age Well

DOROTHY VISSER
SENIOR CENTER

Age Well's Dorothy Visser Senior Center

117 Avenida Victoria, San Clemente (949) 498-3322

2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Center Closed	3 9:00 HICCAP 9:00 - Strength & Flexibility 10:30 - Crafts 11:45 - Lunch 1:00 - Hand and Foot 2:00 - Chair Yoga	4 9:00 - TOPS 9:00 - NO Yoga 10:00 - Caregiver Support Senior Grocery 11:45 - Lunch 1:00 - BINGO	5 9:00 - Strength & Flex 10:45 - PEP4U 11:45 - Lunch 1:00 - Bridge 2:00 - Chair Yoga	6 8:00 Coffee Chat 12:00 Lunch music by Alpha Rhythm	7
8	9 9:30 - Blood Pressure 10:00 - Hand & Foot 11:45 - Lunch 12:00 - Bridge 12:30 - Fresh Food Mon. 2:00 - Chair Yoga	10 9:00 - Strength & Flexibility 10:30 - Crafts 11:45 - Lunch 1:00 - Hand and Foot 2:00 - Chair Yoga	11 9:00 - TOPS 9:00 - NO Yoga 11:45 - Lunch 1:00 - BINGO	12 9:00 - Strength & Flex 10:45 - PEP4U 11:45 - Lunch 1:00 - Bridge 2:00 - Chair Yoga	13 8:00 - Coffee Chat 10:30 - Crafting with Shelli 12:00 - Lunch music by CBD	14
15	16 Center Closed	17 9:00 - Strength & Flexibility 10:00 - Stocks 11:45 - Lunch 1:00 - Hand and Foot 2:00 - Chair Yoga	18 9:00 - TOPS 9:00 - Yoga Senior Grocery 11:45 - Lunch 1:00 - BINGO	19 9:00 - Strength & Flex 10:45 - PEP4U 11:45 - Lunch 1:00 - Bridge 2:00 - Chair Yoga	20 8:00 Coffee Chat 10:00 Legacy Class 12:00 Lunch music by Robert Fields	21
22	23 10:00 - Hand & Foot 11:45 - Lunch 12:00 - Bridge 12:30 - Fresh Food Mon. 2:00 - Chair Yoga	24 9:00 - Strength & Flexibility 10:30 - Crafts 11:45 - Lunch 1:00 - Custom Card Class 1:00 - Hand and Foot 2:00 - Chair Yoga	25 9:00 - TOPS 9:00 - Yoga 11:45 - Lunch 1:00 - BINGO	26 9:00 - Strength & Flex 10:45 - PEP4U 11:45 - Lunch 1:00 - Bridge 2:00 - Chair Yoga	27 8:00 Coffee Chat 12:00 Lunch music by Doug Houston	28
29	30 10:00 - Hand & Foot 11:45 - Lunch 12:00 - Bridge 12:30 - Fresh Food Mon. 2:00 - Chair Yoga	31 9:00 - Strength & Flexibility 10:30 - Horse Racing 11:45 - Lunch 1:00 - Hand and Foot 2:00 - Chair Yoga				