

# July

## 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	3 9:00 – HICCAP 10:00 – Hand & Foot 11:45 – Lunch 12:30 - Bridge 12:30 – Fresh Food Mon. 2:00 - Chair Yoga	4 closed	5 9:00 – TOPS 10:15 - Pilates 10:00 – Caregiver Support 11:45 – Lunch 12:00 - Mah Jong 1:00- BINGO	6 9:00 - Strength & Flex 10:00 – Memory Assesment 10:45- PEP4U 11:00 -Mexican Train 11:45 – Lunch 1:00 – Bridge 2:00 - Yoga	7 8:00 Coffee Chat 9:00 Spanish Club 10:00 Line Dancing 12:00 Music/Lunch	8
9	10 9:00 – yoga 10:00 – Blood Pressure 10:00 – Hand & Foot 11:45 – Lunch 12:30 - Bridge 12:30 – Fresh Food Mon. 2:00 - Chair Yoga	11 9:00 - Strength & Flexibility 11:45 – Lunch – Small Room 12:30 -Art Class 1:00 – Hand and Foot 2:00 -Chair Yoga	12 9:00 – TOPS 9:00 –Yoga 9:00 – Wills and Trusts 9:30- Carlos/Comp 10:15 - Pilates 11:45 – Lunch 12:00 - Mah Jong 1:00- BINGO	13 9:00 - Strength & Flex 10:45- PEP4U 11:00 -Mexican Train 11:45 – Lunch 1:00 – Bridge 2:00 - Yoga	14 8:00 Coffee Chat 9:00 Spanish Club 10:00 Line Dancing 12:00 Music/Lunch	15
16	17 9:00 – yoga 10:00 – Hand & Foot 11:45 – Lunch 12:30 - Bridge 12:30 – Fresh Food Mon. 2:00 - Chair Yoga	18 9:00 - Strength & Flexibility 11:45 – Lunch – Small Room 12:30 -Art Class 1:00 – Hand and Foot 2:00 -Chair Yoga	19 9:00 – TOPS 9:00 –Yoga 10:15 - Pilates 10:30 - Senior Grocery 11:45 – Lunch 12:00 - Mah Jong 1:00- BINGO	20 9:00 - Strength & Flex 10:45- PEP4U 11:00 -Mexican Train 11:45 – Lunch 1:00 – Bridge 2:00 - Yoga	21 8:00 Coffee Chat 9:00 Spanish Club 10:00 Line Dancing 12:00 Music/Lunch	22 Saturday BINGO
23	24 9:00 – yoga 10:00 – Hand & Foot 11:45 – Lunch 12:30 - Bridge 12:30 – Fresh Food Mon. 2:00 - Chair Yoga	25 9:00 - Strength & Flexibility 11:45 – Lunch – Small Room 12:30 -Art Class 1:00 – Hand and Foot 2:00 -Chair Yoga	26 9:00 – TOPS 9:00 –Yoga 10:15 - Pilates 10:30 - Senior Grocery 11:45 – Lunch 12:00 - Mah Jong 1:00- BINGO	27 9:00 - Strength & Flex 10:45- PEP4U 11:00 -Mexican Train 11:45 – Lunch 1:00 – Bridge 2:00 - Yoga	28 8:00 Coffee Chat 9:00 Spanish Club 10:00 Line Dancing 12:00 Music/Lunch	29
30	31 9:00 – yoga 10:00 – Hand & Foot 11:45 – Lunch 12:30 - Bridge 12:30 – Fresh Food Mon. 2:00 - Chair Yoga					