

September

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	4 CLOSED Labor Day	5 9:00 - Strength & Flexibility 9:00 - HICCAP 11:45 - Lunch 1:00 - Hand and Foot 2:00 - Chair Yoga	6 9:00 - TOPS 9:00 - Yoga 10:15 - Pilates 10:00 - Caregiver Support 10:30 - Senior Grocery 11:45 - Lunch 12:00 - Mah Jong 1:00 - BINGO	7 9:00 - Strength & Flex 10:00 - Memory Asses. 10:45 - PEP4U 11:00 - Mexican Train 11:45 - Lunch 1:00 - Bridge 2:00 - Chair Yoga	8 8:00 Coffee Chat 9:00 Spanish Club 10:00 Line Dancing 12:00 Music/Lunch	9
10	11 9:00 - Yoga 9:30 - Blood Pressure 10:00 - Hand & Foot 11:45 - Lunch 12:30 - Bridge 12:30 - Fresh Food Mon. 2:00 - Chair Yoga	12 9:00 - Strength & Flexibility 10:30 - Transitions Class 11:45 - Lunch 1:00 - Hand and Foot 2:00 - Chair Yoga	13 9:00 - TOPS 9:00 - Yoga 10:15 - Pilates 10:00 - Caregiver Support 10:30 - Senior Grocery 11:45 - Lunch 12:00 - Mah Jong 1:00 - BINGO	14 9:00 - Strength & Flex 10:45 - PEP4U 11:00 - Mexican Train 11:45 - Lunch 1:00 - Bridge 2:00 - NO Chair Yoga 5:00 - Symphony	15 8:00 Coffee Chat 9:00 Spanish Club 10:00 Line Dancing 12:00 Music/Lunch	16
17	18 9:00 - NO Yoga 10:00 - Hand & Foot 11:45 - Lunch 12:30 - Bridge 12:30 - Fresh Food Mon. 2:00 - Chair Yoga	19 9:00 - Strength & Flexibility 11:45 - Lunch 1:00 - Hand and Foot 2:00 - Chair Yoga	20 9:00 - TOPS 9:00 - NO Yoga 10:15 - Pilates 10:00 - Caregiver Support 10:30 - Senior Grocery 11:45 - Lunch 12:00 - Mah Jong 1:00 - BINGO	21 9:00 - Strength & Flex 10:00 - Art Class 10:45 - PEP4U 11:00 - Mexican Train 11:45 - Lunch 1:00 - Bridge 2:00 - Chair Yoga	22 8:00 Coffee Chat 9:00 Spanish Club 10:00 Line Dancing 12:00 Music/Lunch	23
24	25 9:00 - NO Yoga 10:00 - Hand & Foot 11:45 - Lunch 12:30 - Bridge 12:30 - Fresh Food Mon. 2:00 - Chair Yoga	26 9:00 - Strength & Flexibility 10 - 12 - FLU SHOTS 10:30 - Transitions Class 11:45 - Lunch 1:00 - Hand and Foot 2:00 - Chair Yoga	27 9:00 - TOPS 9:00 - NO Yoga 10:15 - Pilates 10:00 - Caregiver Support 10:30 - Senior Grocery 11:45 - Lunch 12:00 - Mah Jong 1:00 - BINGO	28 9:00 - Strength & Flex 10:00 - Art Class 10:45 - PEP4U 11:00 - Mexican Train 11:45 - Lunch 1:00 - Bridge 2:00 - Chair Yoqa	29 8:00 Coffee Chat 9:00 Spanish Club 10:00 Line Dancing 12:00 Music/Lunch - ELVIS	30 Windows and Carpets Cleaned