

October

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 9:00 - Yoga 9:00 HICCAP 10:00 - Hand & Foot 11:45 - Lunch 12:30 - Bridge 12:30 - Fresh Food Mon. 2:00 - Chair Yoga 2:00 - 4:00 Sewing	3 9:00 - Strength & Flexibility 11:45 - Lunch 1:00 - Hand and Foot 2:00 - Chair Yoga	4 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	5 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	6 8:00 Coffee Chat 9:00 Spanish Club 10:00 Line Dancing 12:00 Music/Lunch	7
8	9 9:00 - Yoga 10:00 - Hand & Foot 11:45 - Lunch 12:30 - Bridge 12:30 - Fresh Food Mon. 2:00 - Chair Yoga 2:00 - 4:00 Sewing	10 9:00 - Strength & Flexibility 10:30 - Transitions Class 11:45 - Lunch 1:00 - Hand and Foot 2:00 - Chair Yoga	11 9:00 - TOPS 9:00 - Yoga 10:15 - Pilates 10:00 - Sewing 11:45 - Lunch 12:00 - Mah Jong 1:00 - BINGO	12 9:00 - Strength & Flex 10:00 - Art 10:45 - PEP4U 11:00 - Mexican Train 11:45 - Lunch 1:00 - Bridge 2:00 - Chair Yoga	13 Oktoberfest 8:00 Coffee Chat 9:00 Spanish Club 10:00 Line Dancing 12:00 Music/Lunch	14 Rental
15	16 9:00 - Yoga 10:00 - Hand & Foot 11:45 - Lunch 12:30 - Bridge 12:30 - Fresh Food Mon. 2:00 - Chair Yoga 2:00 - 4:00 Sewing	17 9:00 - Strength & Flexibility 11:45 - Lunch 1:00 - Hand and Foot 2:00 - Chair Yoga 2:30 - Medicare 101 - Carlos	18 9:00 - TOPS 9:00 - Yoga 10:00 - Medicare 101 - Jose 10:15 - Pilates 10:00 - Sewing 11:45 - Lunch 12:00 - Mah Jong 1:00 - BINGO	19 9:00 - Strength & Flex 10:00 - Art 10:45 - PEP4U 11:00 - Mexican Train 11:45 - Lunch 1:00 - Bridge 2:00 - Chair Yoga	20 8:00 Coffee Chat 9:00 Spanish Club 10:00 Line Dancing 12:00 Music/Lunch	21 Saturday Night Bingo
22	23 9:00 - Yoga 10:00 - Hand & Foot 11:45 - Lunch 12:30 - Bridge 12:30 - Fresh Food Mon. 2:00 - Chair Yoga 2:00 - 4:00 Sewing	24 9:00 - Strength & Flexibility 10:30 - Transitions Class 11:45 - Lunch 1:00 - Hand and Foot 2:00 - Chair Yoga	25 9:00 - TOPS 9:00 - Yoga 10:15 - Pilates 10:00 - Sewing 11:45 - Lunch 12:00 - Mah Jong 1:00 - BINGO	26 9:00 - Strength & Flex 10:00 - Art 10:45 - PEP4U 11:00 - Mexican Train 11:45 - Lunch 1:00 - Bridge 2:00 - Chair Yoga	27 8:00 Coffee Chat 9:00 Spanish Club 10:00 Line Dancing 10:30 - Medica 101 - Optum 12:00 Music/Lunch	28
29	30 9:00 - Yoga 10:00 - Hand & Foot 10:30 - Medicare 101 11:45 - Lunch 12:30 - Bridge 12:30 - Fresh Food Mon. 2:00 - Chair Yoga 2:00 - 4:00 Sewing	31 9:00 - Strength & Flexibility 11:45 - Lunch - Halloween Party 1:00 - Hand and Foot 2:00 - Chair Yoga				

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