

# December

## 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 8:00 Coffee Chat 9:00 Spanish Club 10:00 Line Dancing 12:00 Music/Lunch	2
3	4 9:00 -Yoga 9:00 - 3 HICCAP small rm 10:00 - Hand & Foot 11:45 - Lunch 12:30 - Bridge 12:30 - Fresh Food Mon. 2:00 - Chair Yoga 2:00 - 4:00 Sewing	5 9:00 - Strength & Flexibility 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 10:00 - Hand & Foot 11:45 - Lunch 12:30 - Bridge 12:30 - Fresh Food Mon. 2:00 - Chair Yoga 2:00 - 4:00 Sewing	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 - Sewing 11:45 - Lunch 12:00 - Mah Jong 1:00- BINGO	14 9:00 - Strength & Flex 10:00 Art 10:45- PEP4U 11:00 -Mexican Train 11:45 - Lunch 1:00 - Bridge 2:00 - Chair Yoga	15 8:00 Coffee Chat 9:00 Spanish Club 10:00 Line Dancing 10:00 Legacy 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 2:00 - 4:00 Sewing	19 9:00 - Strength & Flexibility 10:30 - Wreath Making 11:45 - Lunch 1:00 - Hand and Foot 2:00 -Chair Yoga	20 9:00 - TOPS 9:00 - Attorney 9:00 - NO Yoga 10:15 - Pilates 10:00 - Sewing 11:45 - Lunch 12:00 - Mah Jong	21 9:00 - Strength & Flex 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 CLOSED	26 9:00 - Strength & Flexibility 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 - Sewing 11:45 - Lunch 12:00 - Mah Jong	28 9:00 - Strength & Flex 10:45- PEP4U 11:00 -Mexican Train 11:45 - Lunch 1:00 - Bridge 2:00 - Chair Yoga	29 8:00 Coffee Chat 9:00 Spanish Club 10:00 Line Dancing 12:00 Music/Lunch	