

Seaside Sounds

Age Well's Dorothy Visser Senior Center of San Clemente

117 Avenida Victoria * San Clemente, CA 92672 * (949) 498-3322

On-Going Senior Support Services: Call 949-498-3322 for appointments.

UPCOMING EVENTS

Lunch served M-Th 11:45—12:30, Friday 12:00-1:00

Bingo – Wednesday, 6th, 13th & 20th & 27th 1:00 pm cards go on sale, 1:30 Bingo begins.

Line Dancing—1st, 8th, 15th, 22nd, & 29th

Friday 1st— Lunch Music by *Alga Rhythm*

Monday 4th- Medicare HICCAP Counselor by appt

Wednesday 6th—10:00 Caregiver support group

Friday 8th— Hanukkah Lunch Music by Mark

Tuesday 12th—10:30 Transitions Class

Friday 15th—Lunch— Music by Robert Fields

Friday 15th—10:00 Legacy Class

Tuesday 19th—Wreath Making 10:30 limited attendees

Wednesday 20th—Wills and Trusts Attorney by appt.

Friday 22nd—Christmas Lunch Music by Doug Houston

Monday 25th—CLOSED Christmas Day

Tuesday-26th 10:30 Transitions Class

Friday 29th—New Years Lunch—Music by *CBD Trio*



We will be closed on Christmas Day Monday 25th and January 1st.

The Fitness Center Hours

M, T, Thu 8:30 - 4:00 Wednesday &

Friday 8:30—3:00

Strength and Flexibility Class

Tuesday and Thursday

9:00 —donation

Chair Yoga

2:00—Monday, Tuesday & Thursday donation

Mike Ward Yoga

9:00 every Mon. & Wed.—donation

John Kerwin Pilates

10:15 every Wednesday –donation

Wednesday Bingo

1:00 Cards go on sale \$12

1:30 Bingo begins

PEP 4U—Parkinson's Exercise Program

Thursday 10:45—11:45

Medicare Questions?

HICAP - unbiased FREE Medicare counseling-Monday 11-6 call for an appointment.

Senior Grocery Program

Wednesdays 6th & 20th

10:30—12:30 Distribution

NO Pantry 12/27

Tops Club

Take off pounds sensibly

Meets here on Wednesday at 9:00 am for weigh in, meeting starts at 9:15 for more information call

Margi (949) 361-7791 or Sandy (949) 492-9428

Christmas Luncheon



December 22nd, 2023

12:00—1:00pm.

Traditional Christmas Meal

Music by Doug Houston

Treats, gifts and fun!

Make your reservations early

(949) 498-3322



Wednesdays 10:15–11:15

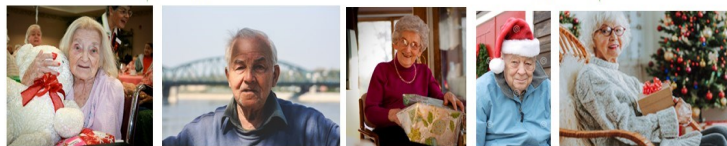
Instructor John Kerwin



Floor yoga class on Mondays and Wednesday 9:00 - 10:00

Instructor is Mike Ward

NO Yoga December 18, 20, 25 & 27



Adopt a Senior for Christmas

This year, there will be a lot of seniors spending the holidays alone. We want to make sure that they get a holiday meal and some holiday cheer.

Your \$25 donation will provide each senior with:

- The makings for a holiday meal
- A personal note from you

You can add a small gift for your senior also.

If you can help us by adopting a senior please call the senior center at (949) 498-3322 and ask for Beth or Daniel.


Our meals on wheels drivers will be delivering the packages on December 21st and 22nd.

Your donation is tax deductible. Cash or check preferred.

For questions, please call the Age Well's Dorothy Visser Senior Center at (949) 498-3322.

117 Avenida Victoria, San Clemente Tax ID 93-1163563

Age Well | DOROTHY VISSER SENIOR CENTER



WREATH MAKING CLASS

HOSTED BY OPTUM MEDICAL GROUP

DECEMBER 19 AT 10:30AM

DOROTHY VISSER SENIOR CENTER
MATERIALS WILL BE PROVIDED
PLEASE RSVP BY 12/18/23 TO (949) 498-3322
LIMITED SPOTS AVAILABLE



New Year's Lunch

Join us on

Friday, December 29th

12:00-1:00 pm

Music by CBD Trio

Cod with Panang Curry Sauce

Rice, Sauté Carrots & Peas

Party favors and so much more!

Age Well | DOROTHY VISSER SENIOR CENTER

17 Avenida Victoria, San Clemente, CA (949) 498-3322

**Imagine a 2 Hour Saturday Concert
With Your Favorite Songs
From 17 Broadway Shows...**



Broadway Classics

Saturday, February 10th at the Senior Center

Doors open at 3:30 show begins at 5:00 pm

Benefit Concert for the San Clemente Senior Center

All Reserved Tickets \$50

For Reservations: (949) 378-5134

Includes: appetizers, show and a door prize ticket for a chance to win a 1 week vacation at the San Clemente Inn or 4 tickets to the pageant of the masters and a gift certificate for Terra Laguna Beach Restaurant. Opportunity Baskets

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SENIOR CENTER
117 Avenida Victoria, San Clemente



**ART4HEALING
WORKSHOP**

Would you like a restorative outlet to express your stress, anxiety, hopes, fears, grief, or other feelings in a safe environment using abstract painting?

Hoag Faith Community Nursing offers such workshops through the Art4Healing program free of charge (all paints and supplies will be provided)! Each session offers a unique theme, based on the interest and needs of the audience. Participants are led through a series of prompts designed to evoke feelings and encouraged to express these emotions through abstract painting on canvas. Individuals will then have the opportunity to share their thoughts and emotions with the group, should they choose.

These 2 hour workshops are limited to 12 participants, no previous experience or artistic talent is required.

**Plan to join us:
Dorothy Visser Senior Center
117 Avenida Victoria, San Clemente
Tuesday, January 16th, 2024
10:00 am. to 12:00 pm.**



San Clemente
"In This Together"

Thursdays from 10:45-11:45 am

Come to Physical Therapist created and instructed Parkinson's exercise class for balance, posture, flexibility, cognition, strength and coordination in a FUN setting.

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For a full schedule of classes go to: www.pep4u.org or call (949)264-3341



MEMORY LOSS RISK FACTORS

- FAMILY HISTORY
- TROUBLE SLEEPING
- HIGH STRESS LEVELS
- AGE OVER 60+
- DIABETES

Get a memory screening today!

The first Thursday of every month next is
December 7th

30 minute individual assessments. 10-2:00 pm.
Call to setup your appt. (949) 498-3322

Performed by Irvine Clinical Research

Get checked. Early detection matters.

If you notice one or more signs in yourself or another person, it can be difficult to know what to do. It's natural to feel uncertain or nervous about discussing these changes with others. Voicing worries about your own health might make them seem more "real." Or, you may fear upsetting someone by sharing observations about changes in his or her abilities or behavior. However, these are significant health concerns that should be evaluated by a doctor, and it's important to take action to figure out what's going on.

Classes/Activities

Bridge

Monday at 12:30 and Thursday
1:00

Spanish Club

Learn conversational Spanish
Friday 9:00—10:00

Mah Jong

Wednesday 12:00 –3:30

Join Us for Line Dancing!
Every Friday starting on March 17th 10-11 am

No partner required! Come learn some easy and fun line dances to get you moving!

\$5 donation per person

Carrie teaches all over South Orange County and makes it easy to stay active and have fun!

Carrie
Wojo



MemorialCare
Medical Group

TRANSITIONS SUPPORT GROUP

If the "me" of 20 years ago met the "me" of today, would we recognize each other?

The group will focus on Life Changes AND Losses which occur during the aging process

Physical: reduced vision, hearing, mobility, and memory

Social: Loss of loved ones

Financial: Changes in financial status

Employment: Retirement

Conflict: Relationship issues

Isolation: Loneliness

Day: 2nd and 4th Tuesday of the month

Time: 10.30 am-11:30 pm

Place: San Clemente Senior Center



Strength and Flexibility Class

Tuesday and Thursday

9:-00 —10:00 donation based

December 15th 10:00 am

Learn how to write your legacy.

Tom Anderson will show you how to take the stories of your life and put them in a written form for your grandchildren and great grandchildren will know about your life.

