

February

Age Well

DOROTHY VISSER
SENIOR CENTER

Age Well's Dorothy Visser Senior Center

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

2024

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|---|--|--|--|---|--|
| | | | | 1 9:00 - Strength & Flex 10:00 - Art 10:45- PEP4U 11:00 -Mexican Train 11:45 - Lunch 1:00 - Bridge 2:00 - Chair Yoga | 2 8:00 Coffee Chat 9:00 Spanish Club 10:00 Line Dancing 12:00 Music/Lunch 1:00 - Poetry | 3 |
| 4 | 5 9:00 -Yoga 10:00 - HICCAP 10:00 - Hand & Foot 11:45 - Lunch 12:30 - Bridge 12:30 - Fresh Food Mon. 2:00 - Chair Yoga | 6 9:00 - Strength & Flexibility 10:30 - Transitions Class 11:45 - Lunch 1:00 - Hand and Foot 1:00 - Veterans Social 2:00 -Chair Yoga | 7 9:00 - TOPS 9:00 - Yoga 9:45 Sewing 10:15 - Pilates 10:00 - Caregiver Support 11:45 - Lunch 12:00 - Mah Jong 1:00- BINGO | 8 9:00 - Strength & Flex 10:00 - Art 10:45- PEP4U 11:00 -Mexican Train 11:45 - Lunch 1:00 - Bridge 2:00 - Chair Yoga | 9 8:00 Coffee Chat 9:00 Spanish Club 10:00 Line Dancing 12:00 Music/Lunch RENTAL SETUP 1 - 3:00 1:00 - Poetry | 10 EVENT 1:30 - 8:00 |
| 11 | 12 9:00 -Yoga 10:00 - Hand & Foot 11:45 - Lunch 12:30 - Bridge 12:30 - Fresh Food Mon. 2:00 - Chair Yoga | 13 9:00 - Strength & Flexibility 11:45 - Lunch 1:00 - Hand and Foot 2:00 -Chair Yoga | 14 9:00 - TOPS 9:00 - Yoga 9:45 - Sewing 10:15 - Pilates 11:45 - Lunch/Valetines 12:00 - Mah Jong 1:00- BINGO | 15 9:00 - Strength & Flex 10:00 - Art 10:45- PEP4U 11:00 -Mexican Train 11:45 - Lunch 1:00 - Bridge 2:00 - Chair Yoga | 16 8:00 Coffee Chat 9:00 Spanish Club 10:00 Line Dancing 12:00 Music/Lunch 1:00 - Poetry | 17 |
| 18 | 19 CLOSED | 20 9:00 - Strength & Flexibility 10:30 - Transitions Class 11:45 - Lunch 1:00 - Hand and Foot 2:00 -Chair Yoga | 21 9:00 - TOPS 9:00 - Yoga 9:45 - Sewing 10:15 - Pilates 11:45 - Lunch 12:00 - Mah Jong 1:00- BINGO | 22 9:00 - Strength & Flex 10:00 - Art 10:45- PEP4U 11:00 -Mexican Train 11:45 - Lunch 1:00 - Bridge 2:00 - Chair Yoga | 23 8:00 Coffee Chat 9:00 Spanish Club 10:00 Line Dancing 12:00 Music/Lunch 1:00 - Poetry | 24 |
| 25 | 26 9:00 -Yoga 10:00 - Hand & Foot 11:45 - Lunch 12:30 - Bridge 12:30 - Fresh Food Mon. 2:00 - Chair Yoga | 27 9:00 - Strength & Flexibility 10:00 - Nance Bear Cards 11:45 - Lunch 1:00 - Hand and Foot 2:00 -Chair Yoga | 28 9:00 - TOPS 9:00 - Yoga 9:00 - Attorney 9:45 - Sewing 10:15 - Pilates 11:45 - Lunch 12:00 - Mah Jong 1:00- BINGO | 29 9:00 - Strength & Flex 10:00 - Art 10:45- PEP4U 11:00 -Mexican Train 11:45 - Lunch 1:00 - Bridge 2:00 - Chair Yoga | | |

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