

# January

## 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 CLOSED	2 9:00 - Strength & Flexibility 10:30 - Transitions Class 11:45 - Lunch 1:00 - Hand and Foot 2:00 - Chair Yoga	3 9:00 - TOPS 9:00 - Yoga 9:00 - HICCAP 10:15 - Pilates 10:00 - Caregiver Support 11:45 - Lunch 12:00 - Mah Jong 1:00 - BINGO	4 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	5 8:00 Coffee Chat 9:00 Spanish Club 10:00 Line Dancing 12:00 Music/Lunch	6
7	8 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	9 9:00 - Strength & Flexibility 11:45 - Lunch 1:00 - Hand and Foot 2:00 - Chair Yoga	10 9:00 - TOPS 9:00 - Yoga 10:15 - Pilates 11:45 - Lunch 12:00 - Mah Jong 1:00 - BINGO	11 9:00 - Strength & Flex 10:45 - PEP4U 11:00 - Mexican Train 11:45 - Lunch 1:00 - Bridge 2:00 - Chair Yoga	12 8:00 Coffee Chat 9:00 Spanish Club 10:00 Line Dancing 12:00 Music/Lunch	13
14	15 CLOSED	16 9:00 - Strength & Flexibility 10:00 - Art for Healing 10:30 - Transitions Class 11:45 - Lunch 1:00 - Hand and Foot 2:00 - Chair Yoga	17 9:00 - TOPS 9:00 - Yoga 9:00 - Atty 10:15 - Pilates 10:30 - Senior Grocery 11:30 Carlos - TECH 11:45 - Lunch 12:00 - Mah Jong	18 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	19 8:00 Coffee Chat 9:00 Spanish Club 10:00 Line Dancing 12:00 Music/Lunch	20
21	22 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	23 9:00 - Strength & Flexibility 11:45 - Lunch 1:00 - Hand and Foot 2:00 - Chair Yoga	24 9:00 - TOPS 9:00 - Yoga 10:15 - Pilates 10:30 - Senior Grocery 11:45 - Lunch 12:00 - Mah Jong 1:00 - BINGO	25 9:00 - Strength & Flex 10:00 - Art 10:45 - PEP4U 11:00 - Mexican Train 11:45 - Lunch 1:00 - Bridge 2:00 - Chair Yoga	26 8:00 Coffee Chat 9:00 Spanish Club 10:00 Line Dancing 12:00 Music/Lunch Ice Cream	27
28	29 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	30 9:00 - Strength & Flexibility 11:45 - Lunch 1:00 - Hand and Foot 2:00 - Chair Yoga	31 9:00 - TOPS 9:00 - Yoga 10:15 - Pilates 10:30 - Senior Grocery 11:45 - Lunch 12:00 - Mah Jong 1:00 - BINGO			

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