

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, and 27th. 1:00 pm
cards go on sale, 1:30 Bingo begins.

Line Dancing 1st, 8th, 15th, 22nd and 29th 10:00 am

Friday 1st— Lunch and Music by *Alga Rhythm*

Monday 4th- Medicare HICCAP Counselor by appt

Tuesday 5th—10:30 Transitions Class

Tuesday 5th - 1:00 Veterans Social Group

Wednesday 6th—10:00 Caregiver discussion group

Friday 8th— Lunch and Music by Doug Houston

Monday 11th—10:00 Blood Pressure

Wednesday 13th—11:15 Balance Class

Friday 15th—St. Patrick's Day music by CBD

Tuesday 19th — Transitions Class

Wednesday 20th- Tech help with Carlos by appt.

Friday 22nd—Lunch— Music by Robert Fields

Tuesday 26th—10:00 Art for Healing

Friday 29th— Birthday Bash—Music by Tom Bagley



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

Saturday Night BINGO LIVE

Saturday, April 20th, 2024

at the Dorothy Visser Senior Center

Sponsored by MemorialCare Medical Group

\$100 Game Cash Prizes

50/50 Opportunity Drawing • Silent Auction

Fun for everyone! \$50 per person
Includes dinner, 4 cards for each game and 2 drink tickets for
your choice of wine, beer, soda or water

3:15 pm Doors Open

4:00 pm Bingo Begins

5:15 pm Dinner

6:30 pm Bingo Resumes

For more information and tickets call
(949) 498-3322



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Medicare Questions?

HICAP - unbiased FREE Medicare
counseling-Monday 3-4 call for
an appointment.

Senior Grocery Program

Wednesdays 6th & 20th

10:30—12:30 Distribution

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



Join us on Friday, March 15th

Music by CBD Trio

-Menu-

Corned Beef and Cabbage

Please remember to make your reservations 2 days in advance at the front desk or call (949) 498-3322

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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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SENIOR CENTER
117 Avenida Victoria, San Clemente, CA 92672 (949) 498-3322
For a full schedule of classes go to: www.pap4u.org or call (949) 264-3341



Join us
**A Matter of Balance
Class**



Bring your friends
and family

Wednesday, March 13, 2024
11:15 a.m.-12:15 p.m.

Dorothy Visser Senior Center of San Clemente
117 Avenida Victoria
San Clemente, CA 92672 (949) 498-3322

Reserve your spot by:
Wednesday, March 13, 2024
1-949-887-1062, TTY 711 or
optum.com/ca

- Learn about Optum services
- Medicare resource information
- Giveaways

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**Saturday Night
BINGO
LIVE**

Saturday, April 20th, 2024

at the Dorothy Visser Senior Center

Sponsored by MemorialCare Medical Group

\$100 Game Cash Prizes

50/50 Opportunity Drawing • Silent Auction

*Fun for everyone (18+)! \$50 per person
Includes dinner, 4 cards for each game and 2 drink tickets for
your choice of wine, beer, soda or water*

3:15 pm Doors Open

4:00 pm Bingo Begins

5:15 pm Dinner

6:30 pm Bingo Resumes

*For more information and tickets call
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Wednesdays 10:15—11:15

Instructor John Kerwin



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

Instructor is Mike Ward



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.

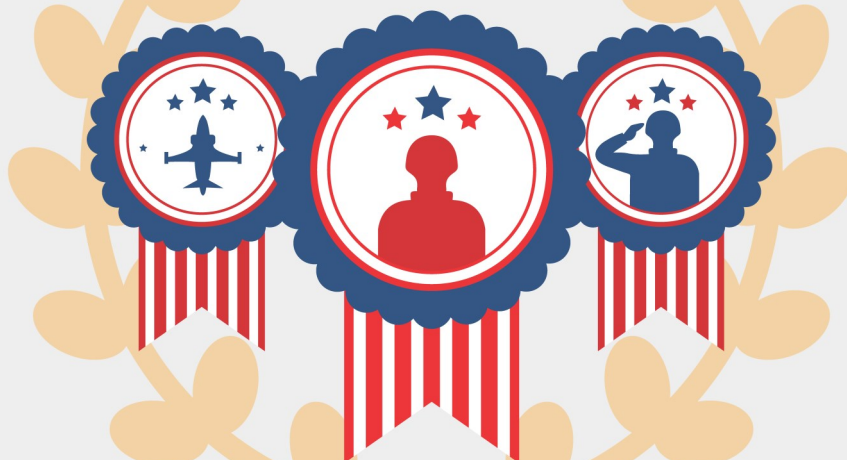
These 2 hour workshops are limited to 12 participants, no previous experience or artistic talent is required.

**Plan to join us:
Dorothy Visser Senior Center
117 Avenida Victoria, San Clemente
March 26th, 2024
10:00 am. to 12:00 pm.**

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Tuesday, March 5th

VETERANS SOCIAL GROUP



1ST TUESDAY OF THE MONTH | 1 – 2:30 PM

VETERANS, SPOUSES, WIDOWS, WIDOWERS, AND FAMILY MEMBERS OF VETERANS ARE WELCOME TO SHARE THEIR STORIES OF MILITARY LIFE IN THIS MONTHLY SOCIAL GROUP. SHARING PHOTOS AND MEMORABILIA FROM YOUR EXPERIENCE IS WELCOMED. PIZZA IS PROVIDED

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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: 1st and Third Tuesday of the month

Time: 10.30 am-11:30 pm

Place: San Clemente Senior Center

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



Strength and Flexibility Class

Tuesday and Thursday

9:00 —10:00 donation based

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

Mexican Train

Thursday 11:00

Hand and Foot

Tuesday 10:00

Happy Easter!



Easter Lunch

Friday March 29th 12:00 pm

Entertainment

Spring Bonnet Contest

Giveaways

*Please RSVP at the front desk or
by calling (949) 498-3322*

Age Well
Senior Services

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