

April 2024

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, 3rd, 10th, 17th, and 24th. 1:00 pm
cards go on sale, 1:30 Bingo begins.

Line Dancing 5th, 12th, 19th, and 26th 10:00 am

Monday 1st- Medicare HICCAP Counselor by appt

Tuesday 2nd—10:30 Transitions Class

Tuesday 2nd- 1:00 Veterans Social Group

Wednesday 3rd—10:00 Caregiver discussion group

Friday 5th— Lunch and Music by *Alga Rhythm*

Monday 8th—10:00 Blood Pressure

Wednesday 10th—11:15 Balance Class

Friday 12th— Lunch and Music by CBD Trio

Tuesday 16th — Transitions Class

Wednesday 17th—Wills and Trust Atty by appt.

Wednesday 17th- Tech help with Carlos by appt.

Friday 19th—Music by Doug Houston

Tuesday 23rd—Braille Institute

Friday 26th—Lunch— Music by Robert Fields

Saturday Night

**B I N G O
L I V E**

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*



117 Avenida Victoria • San Clemente
All Proceeds Benefit the Dorothy Visser Senior Center Activities Program
Age Well DOROTHY VISSER
SENIOR CENTER

HELLO SPRING

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 (no yoga April -1,3,8,10)

9:00 every Mon. & Wed.—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 4-1 call for an
appointment.**

Senior Grocery Program

Wednesdays 3rd & 17th

10:30—12:30 Distribution



**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!

San Clemente High School Jazz Band

Will be performing here at the center

Monday, April 1st.

11:45-12:30 during lunch

RSVP (949) 498-3322

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Join us

A Matter of Balance Class



Bring your friends
and family



Wednesday, April 10, 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, April 10, 2024
1-562-501-5653, TTY 711 or
optum.com/caevents

- Medicare resource information
- Learn about Optum services
- Get your questions answered
- Giveaways

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Optum



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.p4u.org or call (949) 264-3341

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

(949) 498-3322

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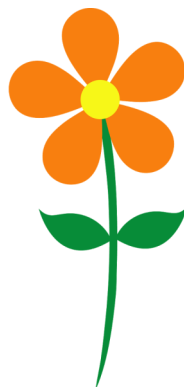
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**Floor yoga class on Mondays and
Wednesday 9:00 - 10:00**

Instructor is Mike Ward



Join us for an Understanding Vision Loss Presentation

Place: Dorothy Visser Senior Center

Date: Tuesday, April 23

Time: 12:30

When a person's vision changes due to Macular Degeneration, Cataracts, Glaucoma, or other eye disease, understanding vision loss is the first step to living well with low vision.

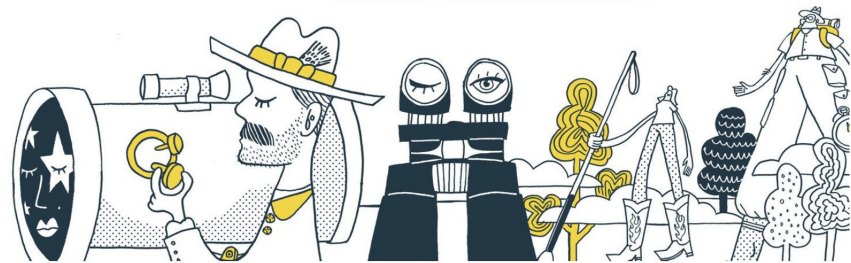
Whether you are living with vision loss or want information, our free services include:

- Low Vision Assessments
- Technology help
- Orientation & Mobility
- Daily Living Skills
- Library Services
- Support Groups
- Classes & Workshops
- Volunteer & Donations

For more information contact:

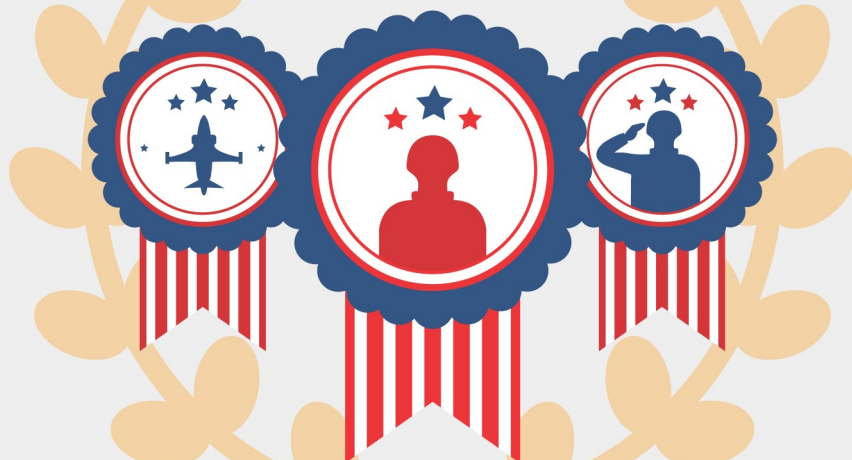
Beth Apodaca (949) 498-3322, bapodaca@myagewell.org

Julie Slusher (714) 584-4020, jaslusher@brailleinstitute.org



Tuesday, April 2nd

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!

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

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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



Caregiver Discussion Group

The first Wednesday of
every month

10:30 am

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