

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, 1st, 8th, 15th, 22nd and 29th. 1:00 pm cards go on sale, 1:30 Bingo begins.

Line Dancing 3rd, 10th, 17th, 24th, and 31st 10:00 am

Wednesday 1st—10:00 Caregiver discussion group

Friday 3rd— Lunch and Music by *Alga Rhythm*

Monday 6th- Medicare HICCAP Counselor by appt

Tuesday 7th—10:30 Transitions Class

Tuesday 7th- 1:00 Veterans Social Group

Wednesday 8th—5:00 Sound Bath

Friday 10th— Mothers Day Lunch , Music by CBD Trio

Wednesday 15th—Wills and Trust Atty by appt.

Wednesday 15th- Tech help with Carlos by appt.

Friday 17th—Music by Robert Fields

Tuesday 21st — Transitions Class

Friday 24th—Memorial Day Lunch -Music by Tom Bagley

Friday 31st—Kids Singers perform—All about summer



The Fitness Center Hours

M, T, Thu 8:30 - 3:30 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

Wednesday Bingo

1:00 Cards go on sale \$12

1:30 Bingo begins

PEP 4U—Parkinson's Exercise Program

Thursday 10:45—11:45

**We Will Be Closed Monday
May 27th for Memorial Day**

Medicare Questions?

HICAP - unbiased FREE Medicare counseling-Monday 5-6 call for an appointment.

Senior Grocery Program

Wednesdays 1st & 15th

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 For Mothers Day Lunch

May 10th at 12:00

Music by CBD Trio

-Menu-

CHICKEN WALDORF CROISSANT

Green Bean & Radish Salad

Apple Brown Betty

Milk

Flowers and Gifts for the women

Remember to RSVP by Wednesday May 8th

(949) 498-3322

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Join us on Friday, May 31st at lunch for a performance by these adorable kids.

12:00 Lunch and Performance

Please remember to RSVP

2 days in advance



Singers Company



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May 14th 10:15-11:15 Dorothy Visser Senior Center Technology 101

You're never too old to learn something new—even technology! Read below to learn basic information about computers, the internet, smartphones and tablets.

All about computers

A computer is an electronic device that uses information to store, retrieve and process data.¹

You can use a computer for many things, including:

- Typing documents
- Sending emails
- Playing games
- Browsing the web
- Creating presentations
- Making and editing videos¹

A computer consists of two different parts:

- Hardware is any part that has a physical structure, like the keyboard, mouse and internal parts.
- Software is any set of instructions that tells the hardware what to do and how to do it, such as web browsers, games or word processors.¹

Note: Everything you do on a computer relies on both hardware and software.¹

Computers come in many different shapes and sizes, and they serve many roles.

There are a few main types of personal computers:

- Desktops
- Laptops
- Tablets

Many of today's electronics are essentially specialized computers, including:

- Smartphones
- Game consoles
- Fitness trackers and smartwatches
- Televisions



Monday, May 13th

9:30—11:30 am

Blood Pressures taken by

Healthy at Home CAREGIVERS

(888) 391-3638

Humana.

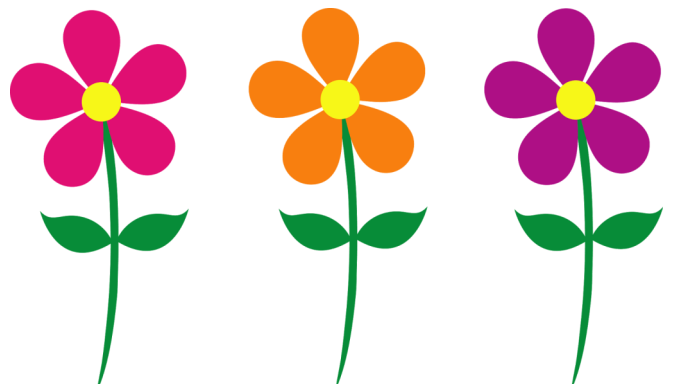
Humana.com

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Floor yoga class on Mondays and Wednesday 9:00 - 10:00 Instructor is Mike Ward



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SOUND BATH EVENT



JOIN US FOR THIS
OPTUM SPONSORED EVENT

WEDNESDAY

05.08.2024

5PM - 7PM

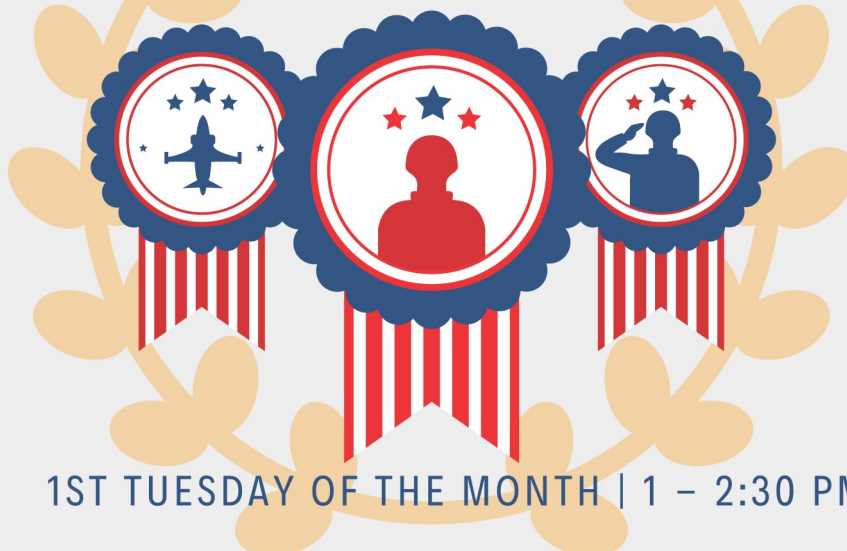
DOROTHY VISSER SENIOR
CENTER OF SAN CLEMENTE

Sign up at the front desk or
call (949) 498-3322

Optum

Tuesday, May 7th

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



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



Caregiver Discussion Group

The first Wednesday of
every month

10:30 am

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