

# May

## 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<br>9:00 – TOPS<br>10:00 – Caregiver Support<br>11:45 – Lunch<br>12:00 - Mah Jong<br>1:00- BINGO  | 2<br>9:00 - Strength & Flex<br>10:00 - Art<br>10:45- PEP4U<br>11:00 -Mexican Train<br>11:45 – Lunch<br>1:00 – Bridge<br>2:00 – Chair Yoga  | 3<br>8:00 Coffee Chat<br>9:00 Spanish Club<br>10:00 Line Dancing<br>12:00 Music/Lunch<br>1:00 – Mah Jong  | 4        |
| 5      | 6<br>10:00 - HICCAP<br>10:00 – Hand & Foot<br>10:15 - Games<br>11:45 – Lunch-<br>12:30 - Bridge<br>12:30 – Fresh Food Mon.<br>2:00 - Chair Yoga        | 7<br>9:00 - Strength & Flexibility<br>10:30 – Transitions Class<br>11:00 – Hand and Foot<br>11:45 – Lunch<br>1:00 – Veterans Social<br>2:00 -Chair Yoga     | 8<br>9:00 – TOPS<br>9:45- Sewing<br>11:15 – Balance Class<br>11:45 – Lunch<br>12:00 - Mah Jong<br>1:00- BINGO<br>5:00 – Sound Bath               | 9<br>9:00 - Strength & Flex<br>10:00 - Art<br>10:45- PEP4U<br>11:00 -Mexican Train<br>11:45 – Lunch<br>1:00 – Bridge<br>2:00 – Chair Yoga  | 10<br>8:00 Coffee Chat<br>9:00 Spanish Club<br>10:00 Line Dancing<br>12:00 Music/Lunch<br>1:00 – Mah Jong | 11       |
| 12     | 13<br>10:00- Blood Pressure<br>10:00 – Hand & Foot<br>10:15 - Games<br>11:45 – Lunch<br>12:30 - Bridge<br>12:30 – Fresh Food Mon.<br>2:00 - Chair Yoga | 14<br>9:00 - Strength & Flexibility<br>10:15 – Technology 101<br>11:00 – Hand and Foot<br>11:45 – Lunch<br>2:00 -Chair Yoga                                 | 15<br>9:00 – TOPS<br>9:00 – Yoga<br>9:00 - Atty<br>9:45- Sewing<br>11:30 – Carlos Tech Class<br>11:45 – Lunch<br>12:00 - Mah Jong<br>1:00- BINGO | 16<br>9:00 - Strength & Flex<br>10:00 - Art<br>10:45- PEP4U<br>11:00 -Mexican Train<br>11:45 – Lunch<br>1:00 – Bridge<br>2:00 – Chair Yoga | 17<br>8:00 Coffee Chat<br>9:00 Spanish Club<br>10:00 Line Dancing<br>12:00 Music/Lunch<br>1:00 – Mah Jong | 18       |
| 19     | 20<br>10:00 – Hand & Foot<br>10:15 - Games<br>11:45 – Lunch<br>12:30 - Bridge<br>12:30 – Fresh Food Mon.<br>2:00 - Chair Yoga                          | 21<br>9:00 - Strength & Flexibility<br>10:30 – Transitions Class<br>11:00 – Hand and Foot<br>11:45 – Lunch<br>2:00 -Chair Yoga                              | 22<br>9:00 – TOPS<br>9:45- Sewing<br>11:15 – Balance Class<br>11:45 – Lunch<br>12:00 - Mah Jong<br>1:00- BINGO                                   | 23<br>9:00 - Strength & Flex<br>10:00 - Art<br>10:45- PEP4U<br>11:00 -Mexican Train<br>11:45 – Lunch<br>1:00 – Bridge                      | 24<br>8:00 Coffee Chat<br>9:00 Spanish Club<br>10:00 Line Dancing<br>12:00 Music/Lunch<br>1:00 – Mah Jong | 25       |
| 26     | 27<br>10:00 – Hand & Foot<br>10:15 - Games<br>11:45 – Lunch<br>12:30 - Bridge<br>12:30 – Fresh Food Mon.<br>2:00 - Chair Yoga                          | 28<br>9:00 - Strength & Flexibility<br>10:00 – Technology w/ Ken<br>10:30 – Transitions Class<br>11:00 – Hand and Foot<br>11:45 – Lunch<br>2:00 -Chair Yoga | 29<br>9:00 – TOPS<br>9:45- Sewing<br>11:15 – Balance Class<br>11:45 – Lunch<br>12:00 - Mah Jong<br>1:00- BINGO                                   | 30<br>9:00 - Strength & Flex<br>10:00 - Art<br>10:45- PEP4U<br>11:00 -Mexican Train<br>11:45 – Lunch<br>1:00 – Bridge<br>2:00 – Chair Yoga | 31<br>8:00 Coffee Chat<br>9:00 Spanish Club<br>10:00 Line Dancing<br>12:00 Music/Lunch<br>1:00 – Mah Jong |          |