

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, 5th, 12th, 19th, and 26th 1:00 pm cards go on sale, 1:30 Bingo begins.

Line Dancing 7th, 14th, 21st, and 28th 10:00 am

Monday 3rd- Medicare HICCAP Counselor by appt

Tuesday 4th—10:30 Transitions Class

Tuesday 4th- 1:00 Veterans Social Group

Wednesday 5th—10:00 Caregiver discussion group

Friday 7th— Lunch and Music by *Robin Gable*

Tuesday 11th—Stretch your dollars 10:15

Wednesday 12th—Medicare 101 10:15

Friday 14th— Fathers Day Lunch, Music by Tom Bagley

Tuesday 18th — Transitions Class

Wednesday 19th—Wills and Trust Atty by appt.

Wednesday 19th- Tech help with Carlos by appt.

Friday 21st—Music by CBD Trio

Tuesday 25th—Tech Help with Ken Samantha

Friday 28th— Birthday Lunch –Doug Houston



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

Stretch your grocery dollars



Many people think eating healthy costs a fortune, but that's not true. There are many ways to save on food and eat well without breaking the bank.

Join Us On Tuesday, June 11th
At 10:15 to learn five tips to stretch your food dollars

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

Humana

Medicare Questions?

HICAP - unbiased FREE Medicare counseling-Monday 6-3 call for an appointment.

Senior Grocery Program

Wednesdays 5th & 19th

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

Stretch your grocery dollars



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At 10:15 to learn five tips to
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Humana

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HAPPY FATHER'S DAY

Father's Day Lunch

Friday, June 14th

12:00–1:00 pm

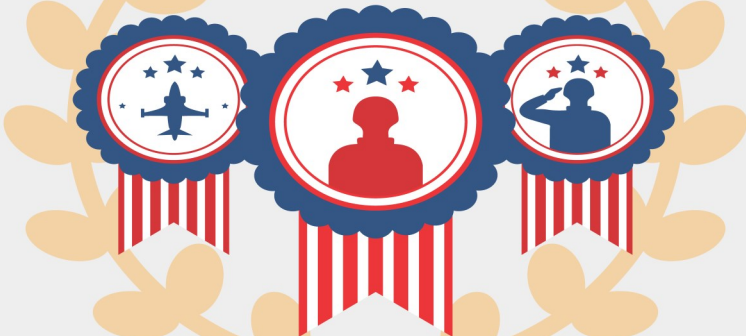
Performing will be the

Tom Bagley

playing all of your favorites

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Tuesday, June 4th 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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Monday, June 10th

9:30—11:30 am

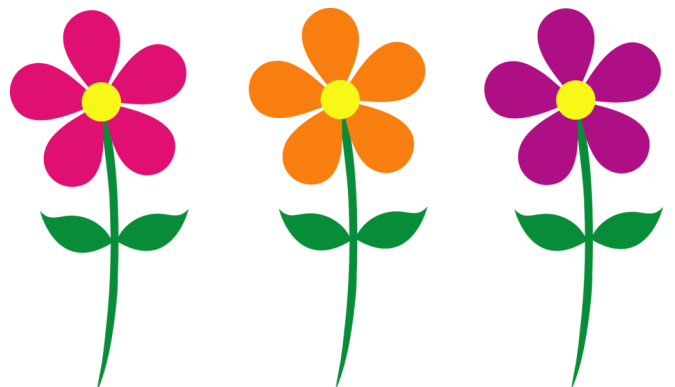
Blood Pressures taken by

Healthy at Home
CAREGIVERS

(888) 391-3638



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



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-12:00 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
Fridays at 10:00

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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