

June

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