

July

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 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	2 9:00 - Strength & Flexibility 10:30 - Transitions Class 11:00 - Hand and Foot 11:45 - Lunch 1:00 - Veterans Social 2:00 - Chair Yoga	3 9:00 - TOPS 9:00 - Yoga 10:00 - Caregiver Support 11:45 - Lunch 12:30 - Mah Jong 1:00 - BINGO	4 HOLIDAY	5 8:00 Coffee Chat 9:00 Spanish Club 10:00 Line Dancing 12:00 Music/Lunch 1:00 - Mah Jong	6
7	8 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	9 9:00 - Strength & Flexibility 10:15 - Stretch Your Food 11:00 - Hand and Foot 11:45 - Lunch 2:00 - Chair Yoga	10 9:00 - TOPS 9:00 - Yoga 11:00 - Balance Class 11:45 - Lunch 12:30 - Mah Jong 1:00 - BINGO	11 9:00 - Strength & Flex 10:45 - PEP4U 11:00 - Mexican Train 11:45 - Lunch 1:00 - Bridge 2:00 - Chair Yoga	12 8:00 Coffee Chat 9:00 Spanish Club 10:00 Line Dancing 12:00 Music/Lunch 1:00 - Mah Jong	13
14	15 9:00 - Christmas in July 10:00 - Hand & Foot 10:15 - Games 11:45 - Lunch 12:30 - Bridge 12:30 - Fresh Food Mon. 2:00 - Chair Yoga	16 9:00 - Strength & Flexibility 9:00 - Christmas in July 10:30 - Transitions Class 11:00 - Hand and Foot 11:45 - Lunch 2:00 - Chair Yoga	17 9:00 - TOPS 9:00 - Yoga 9:00 - Atty 9:00 - Christmas in July 11:30 - Carlos Tech Class 11:45 - Lunch 12:30 - Mah Jong 1:00 - BINGO/HICCAP Table	18 9:00 - Strength & Flex 9:00 - Christmas in July 10:45 - PEP4U 11:00 - Mexican Train 11:45 - Lunch 1:00 - Bridge 2:00 - Chair Yoga	19 8:00 Coffee Chat 9:00 Spanish Club 10:00 Line Dancing 12:00 Music/Lunch 1:00 - Mah Jong	20
21	22 10:00 - Hand & Foot 10:15 - Games 11:45 - Lunch 12:30 - Bridge 12:30 - Fresh Food Mon. 2:00 - Chair Yoga	23 9:00 - Strength & Flexibility 10:00 - 11:00 Tech Help 11:00 - Hand and Foot 11:45 - Lunch 2:00 - Chair Yoga	24 9:00 - TOPS 9:45 - Sewing 11:45 - Lunch 12:30 - Mah Jong 1:00 - BINGO	25 9:00 - Strength & Flex 10:45 - PEP4U 11:00 - Mexican Train 11:45 - Lunch 1:00 - Bridge 2:00 - Chair Yoga 5:00 - Art Class	26 8:00 Coffee Chat 9:00 Spanish Club 10:00 Line Dancing 12:00 Music/Lunch 1:00 - Mah Jong	27
28	29 10:00 - Hand & Foot 10:15 - Games 11:45 - Lunch 12:30 - Bridge 12:30 - Fresh Food Mon. 2:00 - Chair Yoga	30 9:00 - Strength & Flexibility 11:00 - Hand and Foot 11:45 - Lunch 2:00 - Chair Yoga	31 9:00 - TOPS 9:45 - Sewing 11:45 - Lunch 12:30 - Mah Jong 1:00 - BINGO			