

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, 3rd, 10th, 17th, and 24th 1:00 pm cards go on sale, 1:30 Bingo begins.

Line Dancing 5th, 12th, 19th, and 26th 10:00 am

Monday 1st- Medicare HICCAP Counselor by appt

Tuesday 2nd—10:30 Transitions Class

Tuesday 2nd- 1:00 Veterans Social Group

Wednesday 3rd—10:00 Caregiver discussion group

Wednesday 3rd—4th of July Lunch

Friday 5th— Lunch and Music by *Robin Gable*

Wednesday 10th—11:00 Balance Class

Friday 12th— Baseball Lunch Music by Doug Houston

Tuesday 16th — Transitions Class

Wednesday 17th—Wills and Trust Atty by appt.

Wednesday 17th- Tech help with Carlos by appt.

Friday 19th—Music by Robert Fields

Tuesday 23rd—Tech Help with Ken Samantha

Friday 26th—Birthday Lunch –CBD Trio



Join Us July 12th

**For a Baseball Party at
Lunch**

Wear your favorite team jersey

Compete in the Baseball Toss Game

Peanuts & Cracker Jack

Entertainment

RSVP 2 days in advance at the front desk



HAPPY 4TH OF JULY

**The Center Will Be Closed
on Thursday July 4th**

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

Medicare Questions?

**HICAP - unbiased FREE Medicare
counseling-Monday 67-1call for
an appointment.**

Senior Grocery Program

**Wednesdays 3rd & 17th
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**



Paint and Sip

Thursday, July 25th

5:00 pm

\$35 per person

No painting experience needed. Fun evening with friends and neighbors. Beverages: wine, beer, sodas and snacks will be provided

All proceeds go to the Senior Center programs

Seating is limited. Sign up at the front desk.

117 Avenida Victoria, San Clemente

(949) 498-3322



Community Rummage Sale

at the San Clemente Senior Center

Saturday, August 17th 8:00 – 2:00 pm

DONATIONS NEEDED

Gently used dishware, knickknacks, purses, shoes, jackets, lamps, home décor, pictures, jewelry, collectibles, toys, tools, etc. Please drop off the week of Aug. 12th 9-3pm

All proceeds go to the San Clemente Senior Center to fund meals and senior programs.

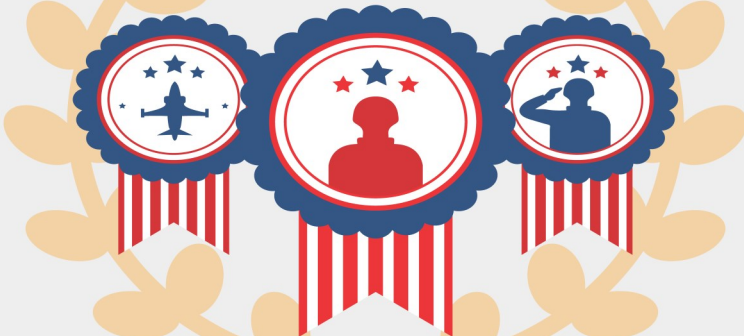
117 Avenida Victoria, San Clemente

Come into the back parking lot to drop off

(949) 498-3322 for more information

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Tuesday, July 3rd 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, July 8th

9:30—11:30 am

Blood Pressures taken by

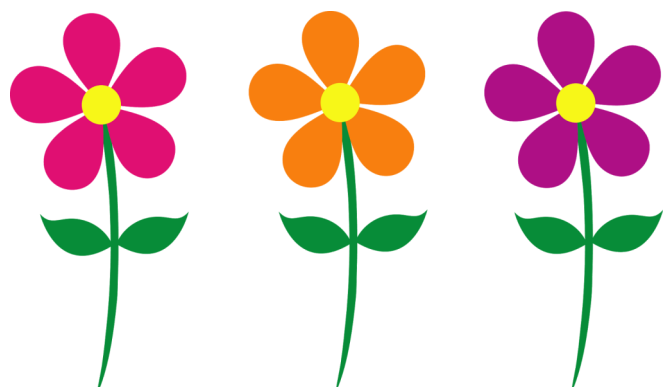
Healthy at Home
CAREGIVERS

(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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