

August

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
				9:00 - Strength & Flex 10:45- PEP4U 11:00 -Mexican Train 11:45 – Lunch 1:00 – Bridge 2:00 – Chair Yoga	8:00 Coffee Chat 9:00 Spanish Club 10:00 Line Dancing 12:00 Music/Lunch 1:00 – Mah Jong	
4	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	9:00 - Strength & Flexibility 10:30 – Transitions Class 11:00 – Hand and Foot 11:45 – Lunch 1:00 – Veterans Social 2:00 -Chair Yoga	9:00 – TOPS 9:00 - Yoga 10:00 – Caregiver Support 11:45 – Lunch 12:30 - Mah Jong 1:00- BINGO	9:00 - Strength & Flex 10:45- PEP4U 11:00 -Mexican Train 11:45 – Lunch 1:00 – Bridge 2:00 – Chair Yoga	8:00 Coffee Chat 9:00 Spanish Club 10:00 Line Dancing 12:00 Music/Lunch 1:00 – Mah Jong	10
11	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	9:00 - Strength & Flexibility 11:00 – Hand and Foot 11:45 – Lunch 2:00 -Chair Yoga	9:00 – TOPS 9:00 - Yoga 11:45 – Lunch 12:30 - Mah Jong 1:00- BINGO	9:00 - Strength & Flex 10:45- PEP4U 11:00 -Mexican Train 11:45 – Lunch 1:00 – Bridge 2:00 – Chair Yoga	8:00 Coffee Chat 9:00 Spanish Club 10:00 Line Dancing 12:00 Music/Lunch 1:00 – Mah Jong	RUMMAGE SALE
18	9:00 – Yoga 10:00 – Hand & Foot 10:15 - Games 11:45 – Lunch 12:30 - Bridge 12:30 – Fresh Food Mon. 2:00 - Chair Yoga	9:00 - Strength & Flexibility 10:30 – Transitions Class 11:00 – Hand and Foot 11:45 – Lunch 2:00 -Chair Yoga	9:00 – TOPS 9:00 – Yoga 9:00 – Atty 11:45 – Lunch 12:30 - Mah Jong 1:00- BINGO	9:00 - Strength & Flex 10:00 – Art begins 10:45- PEP4U 11:00 -Mexican Train 11:45 – Lunch 1:00 – Bridge 2:00 – Chair Yoqa	8:00 Coffee Chat 9:00 Spanish Club 10:00 Line Dancing 11:30 – Carlos Tech Class 12:00 Music/Lunch 1:00 – Mah Jong	24
25	9:00 – Yoga 10:00 – Hand & Foot 10:15 - Games 11:45 – Lunch 12:30 - Bridge 12:30 – Fresh Food Mon. 2:00 - Chair Yoga	9:00 - Strength & Flexibility 10:00 – 11:00 Tech Help 11:00 – Hand and Foot 11:45 – Lunch 2:00 -Chair Yoga	9:00 – TOPS 11:45 – Lunch 12:30 - Mah Jong 1:00- BINGO	9:00 - Strength & Flex 10:00 – Art begins 10:45- PEP4U 11:00 -Mexican Train 11:45 – Lunch 1:00 – Bridge 2:00 – Chair Yoga	8:00 Coffee Chat 9:00 Spanish Club 10:00 Line Dancing 12:00 Music/Lunch 1:00 – Mah Jong	