

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, 7th, 14th, 21st, and 28th

1:00 pm cards go on sale, 1:30 Bingo begins.

Line Dancing- 2nd, 9th, 16th, and 23rd and 30th 10:00 am

Friday 1st— Lunch and Music by Robin Gable

Monday 5th- Medicare HICCAP Counselor by appt

Tuesday 6th—10:30 Transitions Class

Tuesday 6th- 1:00 Veterans Social Group

Wednesday 7th—10:00 Caregiver discussion group

Wednesday 10th—11:00 Balance Class?

Friday 9th— Luau Lunch—Robert Fields

Friday 16th—CBD/Classic

Tuesday 20th — Transitions Class

Wednesday 21st—Wills and Trust Atty by appt.

Wednesday 23rd- Tech help with Carlos by appt.

Friday 23rd—Music by Doug Houston

Tuesday 27th—Tech Help with Ken Samantha

Friday 30th—Birthday Lunch –Tom Bagley



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



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 8-5 call for an appointment.

Senior Grocery Program

Wednesdays 7th & 21st

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



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HICAP

Medicare Health Insurance
Counseling & Advocacy Program

Are you already on Medicare or turning 65?

Did You Know That

Health or drug plans change? Premiums or co-payments increase?
Health care providers change networks? Prescription drug formularies change?
Another plan might save you money?

HICAP Can Help You

Identify potential cost savings. Understand your health care choices.
Explore your plan options. Obtain a free, customized plan comparison and analysis.

What to Bring to Your Appointment

Your Medicare card—if you have one Prescription drug card or HMO/PPO card
Current medications or a list of current medications with name, dosage and frequency

A HICAP Counselor is here at the senior center the first Monday of each month. Call for an appointment (949) 498-3322

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Freedom Committee of Orange County



Name: Gary Teigel
Rank: E-8 (Senior Chief)
Branch of Service: U. S. Navy & Navy Reserve
Units: USS Fox, USS Lockwood, USS Wadsworth, USS Racine, USS Curts, USS John B. Moore, USS Sides, USS Cable, USS McClusky
Specialty: Hull Maint Tech, Enlisted Surface Warfare Spec
Active Duty Dates: Mar 1981 to Mar 1985/Apr 2009 to Mar 2010
Reserve Dates: Apr 1987 to Apr 1993/Jun 1999 to Oct 2013
Armed Conflicts: Cold War & Iraq/Afghanistan
Theater of Operations: Pacific Fleet deployed to Iraq
Campaigns: OEF (Logistics & Hosp handling wounded & deceased)

Decorations & Awards: Navy Comm, Navy Achievement w/2 stars, Army Achievement medal, Navy Merit Unit Comm, Army Meritorious Unit Comm, Navy "E" ribbon (5), Navy Reserve Medal, Naval Reserve Merit Svc Medal (6), Navy Expeditionary Medal, National Defense Medal (2), Iraq Campaign Medal (2), Global War on Terrorism Ribbon, Humanitarian Svc Medal, Outstanding Volunteer Svc Medal (2), Navy Sea Svc Deployment Ribbon, Naval Reserve Sea Svc Ribbon (4), Navy & Marine Corps Oversea Svc Ribbon, Armed Forces Reserve Medal ("M" & Hour Glass), Marksmanship ribbons



Monday, August 12th

9:30—11:30 am

Blood Pressures taken by

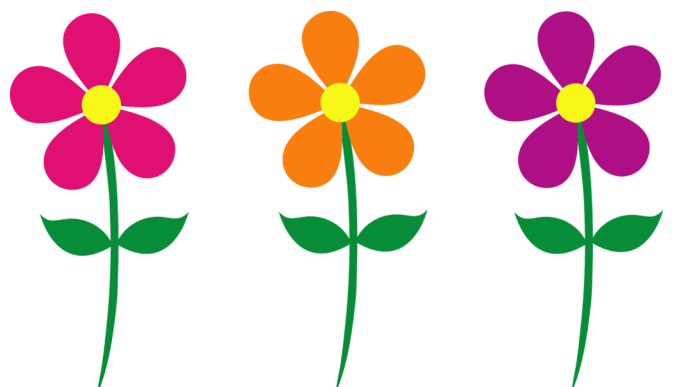
Healthy at Home
CAREGIVERS

(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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