

# September

## 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 <b>HOLIDAY</b>	3 9:00 – HICCAP 9:00 - Strength & Flexibility 10:30 – Transitions Class 11:00 – Hand and Foot 11:45 – Lunch 1:00 – Veterans Social 2:00 -Chair Yoga	4 9:00 – TOPS 9:00 - Yoga 10:00 – Caregiver Support 11:15 – Wendy Workout 11:45 – Lunch 12:30 - Mah Jong 1:00- BINGO	5 9:00 - Strength & Flex 10:00 – Art 10:45- PEP4U 11:00 -Mexican Train 11:45 – Lunch 1:00 – Bridge 2:00 – Chair Yoga	6 8:00 Coffee Chat 9:00 Spanish Club 10:00 Line Dancing 12:00 Music/Lunch 1:00 – Mah Jong	7
8	9 10:00 – Hand & Foot 10:00 – Blood Pressure 10:15 - Games 11:45 – Lunch- 12:30 - Bridge 12:30 – Fresh Food Mon. 2:00 - Chair Yoga	10 9:00 - Strength & Flexibility 11:00 – Hand and Foot 11:45 – Lunch 2:00 -Chair Yoga	11 9:00 – TOPS 9:00 - Yoga 11:15 – Wendy Workout 11:45 – Lunch 12:30 - Mah Jong 1:00- BINGO	12 9:00 - Strength & Flex 10:00 – Art 10:45- PEP4U 11:00 -Mexican Train 11:45 – Lunch 1:00 – Bridge 2:00 – Chair Yoga	13 8:00 Coffee Chat 9:00 Spanish Club 10:00 Line Dancing 12:00 Music/Lunch 1:00 – Mah Jong	14 <b>Symphony Event</b>
15	16 10:00 – Hand & Foot 10:15 - Games 11:45 – Lunch- 12:30 - Bridge 12:30 – Fresh Food Mon. 2:00 - Chair Yoga	17 9:00 - Strength & Flexibility 10:30 – Transitions Class 11:00 – Hand and Foot 11:45 – Lunch 2:00 -Chair Yoga	18 9:00 – TOPS 9:00 - Yoga 9:00 - Atty 11:15 – Wendy Workout 11:45 – Lunch 12:30 - Mah Jong 1:00- BINGO	19 9:00 - Strength & Flex 10:00 – Art 10:45- PEP4U 11:00 -Mexican Train 11:45 – Lunch 1:00 – Bridge 2:00 – Chair Yoga	20 8:00 Coffee Chat 9:00 Spanish Club 10:00 Line Dancing 12:00 Music/Lunch 1:00 – Mah Jong	21
22	23 10:00 – Hand & Foot 10:15 - Games 11:45 – Lunch- 12:30 - Bridge 12:30 – Fresh Food Mon. 2:00 - Chair Yoga	24 9:00 - Strength & Flexibility 10:00 – 11:00 Tech Help 11:00 – Hand and Foot 11:45 – Lunch 2:00 -Chair Yoga	25 9:00 – TOPS 9:00 - Yoga 11:15 – Wendy Workout 11:45 – Lunch 12:30 - Mah Jong 1:00- BINGO	26 9:00 - Strength & Flex 10:00 – Art 10:45- PEP4U 11:00 -Mexican Train 11:45 – Lunch 1:00 – Bridge 2:00 – Chair Yoga	27 8:00 Coffee Chat 9:00 Spanish Club 10:00 Line Dancing 12:00 Music/Lunch 1:00 – Mah Jong	28
29	30 10:00 – Hand & Foot 10:15 - Games 11:45 – Lunch- 12:30 - Bridge 12:30 – Fresh Food Mon. 2:00 - Chair Yoga					