

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, 4th, 11th, 18th, and 25th

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

Line Dancing—6th, 13th, 20th, and 27th 10:00 am

Tuesday 3rd- Medicare HICCAP Counselor by appt

Tuesday 3rd—10:30 Transitions Class

Tuesday 3rd- 1:00 Veterans Social Group

Wednesday 4th—10:00 Caregiver discussion group

Friday 6th— Lunch and Music by *Robin Gable*

Monday 9th - Blood Pressures—10:00

Friday 13th— Hawaiian Day—

Tuesday 17th — Transitions Class

Wednesday 18th—Wills and Trust Atty by appt.

Wednesday 18th- Tech help with Carlos by appt.

Friday 20th—CBD/Classic

Tuesday 24th—Tech Help with Ken Samantha

Friday 27th—Birthday Lunch Music by Doug Houston



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

Wake-up Workout with Wendy

10:15-11:15 every 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

Let's Celebrate

September 14th 2024

Join Us!

6:30 - 8:00 pm

DOROTHY VISSER SENIOR CENTER
SAN CLEMENTE CALIFORNIA
117 Avenida Victoria, San Clemente

music · friends

PLEASE BRING A CHAIR FROM HOME

6:30 PM PACIFIC SYMPHONY PERFORMS OUTSIDE

Please bring food and drink to enjoy during the concert

Arrive early to get a good seat.



CONCERT BY **SYMPHONY**
on the go!

Please RSVP to (949) 498-3322
by September 11th, 2024



Age Well | DOROTHY VISSER
SENIOR CENTER

Medicare Questions?

HICAP - unbiased FREE Medicare counseling-Tuesday 3rd call for an appointment.

Senior Grocery Program

Wednesdays 4th & 18th

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

Wake Up Workout

w/ Wendy!

10:15-11:15 AM
Wednesdays

Ready to have fun while also getting a total body workout?

This exercise class is a cardio-based, with strength, functional exercises, balance, mobility, and stretching — all sprinkled into the hour session. We'll be moving to the music you know and love!

This class will start the first Wed. Of September. It is a donation based class.

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

Age Well | DOROTHY VISSER
SENIOR CENTER

117 Avenida Victoria, San Clemente, CA 92672 (949) 498-3322



September 3rd Guest Speaker

Dennis Grady

US Army, Lottery Drafted

May 1970 to Jan 1972

3rd Armored Division, 503rd Finance
Company, Frankfurt, West Germany.

MOS Finance Specialist

Specialist 4, E4

Costa Mesa Senior Center Veterans

Group member

Freedom Committee of Orange County
member

Age Well | DOROTHY VISSER
SENIOR CENTER



Monday, September 9th

9:30—11:30 am

Blood Pressures taken by

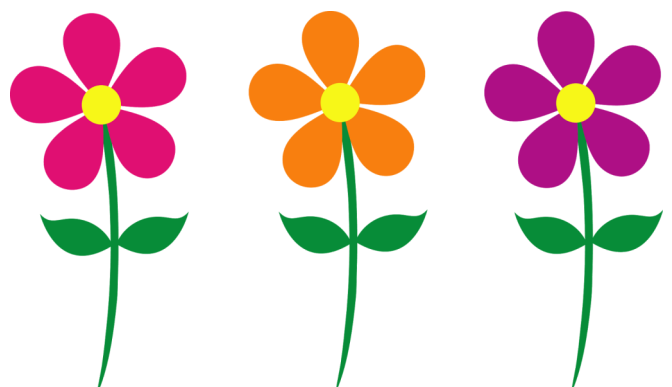
Healthy at Home
CAREGIVERS

(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

Age Well | DOROTHY VISSER
SENIOR CENTER

117 Avenida Victoria, San Clemente (949) 498-3322



Strength and Flexibility Class

Tuesday and Thursday

9:-00 —10:00 donation based

Saturday Night BINGO LIVE

Saturday, October 19th, 2024
at the Dorothy Visser Senior Center

Sponsored by MemorialCare Medical Group

\$100 Game Cash Prizes

50/50•Opportunity Drawing•Silent Auction

Fun for everyone (18+)! \$50 per person
Includes dinner, 4 cards for each game and 2 drink tickets for
your choice of wine, beer, soda or water

3:15 pm Doors Open

4:00 pm Bingo Begins

5:15 pm Dinner

6:30 pm Bingo Resumes

For more information and tickets call

(949) 498-3322

117 Avenida Victoria • San Clemente

All Proceeds Benefit the Dorothy Visser Senior Center Activities Program

Age Well | DOROTHY VISSER
SENIOR CENTER



Caregiver

Discussion Group

The first Wednesday of
every month

10:30 am

Age Well | DOROTHY VISSER
SENIOR CENTER

117 Avenida Victoria, San Clemente (949) 498-3322