

November

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 8:00 Coffee Chat 9:00 Spanish Club 10:00 Line Dancing 12:00 Music/Lunch 1:00 - Mah Jong	2
3	4 9:00 - HICCAP 10:00 - Hand & Foot 10:15 - Games 11:45 - Lunch- 12:30 - Bridge 12:30 - Fresh Food Mon. 2:00 - Chair Yoga	5 9:00 - Strength & Flexibility 10:30 - Transitions Class 11:00 - Hand and Foot 11:45 - Lunch 1:00 - Veterans Social 2:00 -Chair Yoga	6 9:00 - TOPS 9:00 - Yoga 10:00 - Caregiver Support 11:45 - Lunch 12:30 - Mah Jong 1:00- BINGO	7 9:00 - Strength & Flex 10:00 - Art 10:45- PEP4U 11:00 -Mexican Train 11:45 - Lunch 1:00 - Bridge 2:00 - Chair Yoga	8 8:00 Coffee Chat 9:00 - HICCAP 9:00 Spanish Club 10:00 Line Dancing 12:00 Music/Lunch	9
10	11 CLOSED	12 9:00 - Strength & Flexibility 11:00 - Hand and Foot 11:45 - Lunch 2:00 -Chair Yoga	13 9:00 - TOPS 9:00 - Yoga 11:45 - Lunch 12:30 - Mah Jong 1:00- BINGO	14 9:00 - Strength & Flex 10:00 - Art 10:45- PEP4U 11:00 -Mexican Train 11:45 - Lunch 1:00 - Bridge 2:00 - Chair Yoga	15 8:00 Coffee Chat 9:00 Spanish Club 10:00 Line Dancing 12:00 Music/Lunch 1:00 - Mah Jong	16
17	18 10:00 - Hand & Foot 10:15 - Games 11:45 - Lunch- 12:30 - Bridge 12:30 - Fresh Food Mon. 2:00 - Chair Yoga	19 9:00 - Strength & Flexibility 10:30 - Transitions Class 11:00 - Hand and Foot 11:45 - Lunch 2:00 -Chair Yoga	20 9:00 - TOPS 9:00 - Yoga 9:00 - Attorney 11:45 - Lunch 12:30 - Mah Jong 1:00- BINGO	21 9:00 - Strength & Flex 10:00 - Art 10:45- PEP4U 11:00 -Mexican Train 11:45 - Lunch 1:00 - Bridge 2:00 - Chair Yoga	22 8:00 Coffee Chat 9:00 Spanish Club 10:00 Line Dancing 12:00 Music/Lunch 1:00 - Mah Jong	23
24	25 10:00 - Hand & Foot 10:15 - Games 11:45 - Lunch- 12:30 - Bridge 12:30 - Fresh Food Mon. 2:00 - Chair Yoga	26 9:00 - Strength & Flexibility 11:00 - Hand and Foot 11:45 - Lunch 2:00 -Chair Yoga	27 9:00 - TOPS 9:00 - Yoga 11:45 - Thanksgiving Lunch 12:30 - Mah Jong 1:00- NO BINGO	28 CLOSED	29 CLOSED	