

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, 6th, 13th, & 20th

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

Line Dancing– 1st, 8th, 15th, 22nd 10:00 am

Tuesday 5th—10:30 Transitions Class

Tuesday 5th- 1:00 Veterans Social Group

Wednesday 6th —10:00 Caregiver discussion group

Friday 1st—Lunch Music by *Robin Gable*

Monday 4th- Medicare HICCAP workshop

Friday 8th—HICCAP

Friday 8th– Veteran Lunch *Music by Robert Fields*

Monday 11th - CLOSED Veterans Day

Friday 15th—Music by Rocking Classics

Tuesday 19th — Transitions Class

Wednesday 20th—Wills and Trust Atty by appt.

Friday 22nd—Doug Houston

Wednesday 27th— Thanksgiving Lunch *music by Tom Bagley*



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



We will be closed on
Monday
November 11th

Medicare Questions?

HICAP - unbiased FREE Medicare counseling— Friday 8th call for an appointment.

Senior Grocery Program

Wednesdays 6th & 20th
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

Friday, November 8th

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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SENIOR CENTER

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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



Feast

Wednesday, November 27th

12:00 am- 1:00 pm

Entertainment by Tom Bagley

-Menu-

Roast Turkey with Cranberry Sauce, Corned Bread Stuffing, Mashed Potatoes and Gravy, Veggies, Sparkling Cider and Pumpkin Pie

Reserve your seat today (949) 498-3322

Dorothy Visser Senior Center, 117 Avenida Victoria, San Clemente




November 2024 Menu

SERVING TIMES: 11:30 AM - 12:30 PM



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>SUGGESTED CONTRIBUTION - 60 YRS OR OLDER: \$5.50 COST - 59 YEARS OR YOUNGER: \$7.50 Reservations are required & must be made by 12pm 2 business days in prior to reservation date. You can RSVP in person at [redacted] or by calling [redacted]. No special requests or menu substitutions. Menu subject to change without notice. Our menus, per meal, average 900 - 700 calories</p>				
<p>MEXICAN BEEF LASAGNA Mexican Coleslaw Apple Sauce Orange Juice Milk</p> <p style="text-align: right;">4</p>	<p>GREEK TURKEY BURGER w/TZATZIKI SAUCE Greek Tomato Salad Cantaloupe Milk</p> <p style="text-align: right;">5</p>	<p>CHIPOTLE CHICKEN SANDWICH Split Pea Soup Tropical Fruit Milk</p> <p style="text-align: right;">6</p>	<p>COCONUT SHRIMP w/ Mango Sauce Zucchini Apple Soup Cilantro Lime Rice; Orange Chocolate Chip Cookie Milk</p> <p style="text-align: right;">7</p>	<p>CHICKEN MARSALA Rainbow Salad Tomato Rice & Bell Pepper Mandarin Cup Milk</p> <p style="text-align: right;">1</p>
<p>CLOSED Veterans Day Observance</p>  <p style="text-align: right;">11</p>	<p>CHICKEN WALDORF CROISSANT Cream of Broccoli Soup Cinnamon Baked Apple Milk</p> <p style="text-align: right;">12</p>	<p>ITALIAN BEEF MEATBALL SUB SANDWICH Tuscan Bean Soup Orange Apple Sauce Milk</p> <p style="text-align: right;">13</p>	<p>CHICKEN PRIMAVERA PASTA Garden Salad Pineapple Cup Milk</p> <p style="text-align: right;">14</p>	<p>LEMON CAPER CHICKEN Zucchini Squash Medley Lemon Dill Couscous Mandarin Cup Pound Cake Milk</p> <p style="text-align: right;">15</p>
<p>CHICKEN FAJITAS w/LIME SALSA Garden Salad; Corn Salsa Spanish Rice Pineapple Cup Milk</p> <p style="text-align: right;">18</p>	<p>BEEF BOURGUIGNON Green Bean & Radish Medley Wheat Roll Orange Chocolate Chip Cookie Milk</p> <p style="text-align: right;">19</p>	<p>CHICKEN CACCIATORE Zucchini, Bilk Bean & Corn Spinach Lemon Orzo Orange Juice Cinnamon Baked Apple Milk</p> <p style="text-align: right;">20</p>	<p>ROAST SALMON TACOS w/ CHIMICHURRI SLAW Tex Mex Vegetable Soup Lemon Thyme Brown Rice Cantaloupe Milk</p> <p style="text-align: right;">21</p>	<p>CHICKEN POT PIE Ranch Salad Tropical Fruit Milk</p> <p style="text-align: right;">22</p>
<p>BEEF w/BEAN TACOS w/ TOMATILLO SLAW Corn Salad Spanish Rice Tropical Fruit Milk</p> <p style="text-align: right;">25</p>	<p>SESAME CHICKEN Cauliflower Broccoli Soup Ginger Brown Rice Orange Juice Peach Crisp Milk</p> <p style="text-align: right;">26</p>	<p>ROASTED TURKEY w/CRANBERRY SAUCE Mashed Potatoes & Gravy Corn Bread Stuffing Green Beans Pumpkin Pie; Milk</p> <p style="text-align: right;">27</p>	<p>CLOSED Thanksgiving Observance</p>  <p style="text-align: right;">28</p>	<p>CLOSED Thanksgiving Observance</p>  <p style="text-align: right;">29</p>

 Meal contains sodium over 1000mg

All meals comply with the Dietary Guidelines for Americans (DGA) 2020-2025 & Dietary Reference Intakes (DRI) for older adults as determined by the California Dept. of Human Services Agency & the U.S. Dept. of Agriculture. Age Well may substitute a menu with equal nutritional value due to food price or food availability. This project is funded in part through a grant from the California Department of Aging, as allocated by the Orange County Board of Supervisors & administered by the Office of Aging.



Floor yoga class on Mondays and Wednesday 9:00 - 10:00
Instructor is Mike Ward



November 5th
VETERANS
SOCIAL GROUP

1ST TUESDAY OF THE MONTH | 1 – 2:30 PM

VETERANS, SPOUSES, WIDOWS, WIDOWERS, AND FAMILY MEMBERS OF VETERANS ARE WELCOME TO SHARE THEIR STORIES OF MILITARY LIFE IN THIS MONTHLY SOCIAL GROUP. SHARING PHOTOS AND MEMORABILIA FROM YOUR EXPERIENCE IS WELCOMED. PIZZA IS PROVIDED

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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

Adopt a Senior for Christmas

This year, there will be a lot of seniors spending the holidays alone. We want to make sure that they get a holiday meal and some holiday cheer.

Your \$25 donation will provide each senior with:

- The makings for a holiday meal
- A personal note from you

You can add a small gift for your senior also.

If you can help us by adopting a senior please call the senior center at (949) 498-3322 and ask for Beth or Daniel.

Our meals on wheels drivers will be delivering the packages on December 17th and 18th.

Your donation is tax deductible. Cash or check preferred.

For questions, please call the Age Well's Dorothy Visser Senior Center at (949) 498-3322.

117 Avenida Victoria, San Clemente Tax ID 93-1163563

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Caregiver Discussion Group

The first Wednesday of every month

10:30 am

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