

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, 2nd, 9th, 16th, 23rd, & 30th

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

Line Dancing—4th, 11th, 18th & 25th 10:00 am

Tuesday 1st—10:30 Transitions Class

Tuesday 1st- 1:00 Veterans Social Group

Wednesday 2nd —10:00 Caregiver discussion group

Friday 4th—OKTOBERFEST Lunch Music by *Robin Gable*

Monday 7th- Medicare HICCAP Counselor by appt

Tuesday 8th— Flu Shots by appt

Friday 11th— Lunch *Music by CBD Trio*

Monday 14th - Blood Pressures—10:00

Tuesday 15th — Transitions Class

Wednesday 16th—Wills and Trust Atty by appt.

Friday 18th—Robert Fields

Friday 25th— Birthday Lunch *music by Doug Houston*

Thursday 31st HALLOWEEN PARTY

Saturday Night

B I N G O
L I V E

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



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

Medicare Questions?

HICAP - unbiased FREE Medicare
counseling- Monday 7th call for
an appointment.

Senior Grocery Program

Wednesdays 2nd & 16th

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!

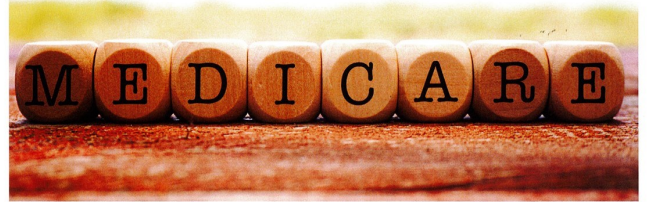
10:15-11:15 AM
Wednesdays

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.

Medicare Open Enrollment is October 15 - December 7



Medicare Planning for 2025

It's time for all Medicare beneficiaries to review their health and drug plan needs for 2025.

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?

You can learn about 2025 Medicare Health and Drug Plans at our Health Insurance Counseling & Advocacy Program (HICAP) Annual Enrollment Clinics located throughout Orange County.

HICAP does not sell, endorse, or recommend insurance products.

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
- ▶ Prescription drug card or HMO/PPO card
- ▶ Current medications or a list of current medications with name, dosage and frequency

CALL FOR APPOINTMENT

Contact this site to schedule an appointment or call:

Dorothy Visser Senior Center
Monday November 4th, 2024
(949) 498-3322
9:00 am—4:00 pm

 **HICAP**
a Program of Council on Aging



October 4th 12:00—1:00

Robin Gable will be performing.

Join us for the chicken dance, polkas and dancing

Soft Pretzels and Non-Alcoholic Beer

Lunch will be :

Breaded Chicken, Pickled Red Cabbage, Apple Crisp and Baked Potato.

Pull out your lederhosen and join in!

Remember to RSVP (949) 492-3322



Thursday, October 31st

11:45 Lunch

Join us for a fun Halloween Lunch!

. Costume Contest

. Treats

Fun for all!

Please Remember to RSVP

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Floor yoga class on Mondays and Wednesday 9:00 - 10:00

Instructor is Mike Ward



Monday, October 14th

9:30—11:30 am

Blood Pressures taken by

Healthy at Home
CAREGIVERS

(888) 391-3638



Flu Shots



Tuesday, October 8th

10:00-12:00 pm

(or when the vaccine runs out)

At Age Well's Dorothy Visser Senior Center

Both regular and senior doses will be available.

RSVP requested to ensure we have enough vaccine. Go to the following site to schedule <https://www.hoag.org/flu/> or Call the senior center Walk-ins will be welcomed. No charge. Open to anyone over 18.



10:00 –12:00

All beef hot dog stand provided by



Nesa Anderson
DRE# 01811224
(949) 370-1963 mobile
www.RealEstateByNesa.com
RealEstateByNesa@gmail.com

hoag | **Age Well** | DOROTHY VISSER
SENIOR CENTER

117 Avenida Victoria, SC (949) 498-3322

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



October 2nd Guest Speaker

Rick Jauregui

Commander, VFW Post 9934 Dana Point

VFW Member 15 Years,

Military Service US Air Force 1968 – 1972

Career Field - Security Policeman

Service in Southeast Asia 1969 -1970 -Special Service as a

Combat Security Policeman- received Bronze Star combat action

Upon leaving the Military became a Police Officer for the City of Glendale, California -Retired as a Detective Sgt.

Owned a Security and Investigation Company for 16 years

Worked as an investigator for Disability Rights California investigating crimes of Abuse and Neglect against persons with disabilities from 2004 – 2014

Rick is an avid photographer and still teaches photography in Torrance California.

He currently lives in Laguna Beach, California with his wife Sandy.

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Caregiver

Discussion Group

**The first Wednesday of
every month**

10:30 am

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