

October, 2024 Age Well | DOROTHY VISSER SENIOR CENTER

Age Well's Dorothy Visser Senior Center – 117 Avenida Victoria, San Clemente • (949) 498-3322

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		¹ 9:00 - Strength & Flexibility 10:30 – Transitions Class 11:00 – Hand and Foot 11:45 – Lunch 1:00 – Veterans Social 2:00 -Chair Yoga	² 9:00 – TOPS 9:00 - Yoga 10:00 – Caregiver Support 11:15 – Wendy Workout 11:45 – Lunch 12:30 - Mah Jong 1:00- BINGO	³ 9:00 - Strength & Flex 10:00 – Art 10:45- PEP4U 11:00 -Mexican Train 11:45 – Lunch 1:00 – Bridge 2:00 – Chair Yoga	⁴ 8:00 Coffee Chat 9:00 Spanish Club 10:00 Line Dancing 12:00 Music/Lunch 1:00 – Mah Jong	⁵
⁶	⁷ 9:00 – HICCAP 10:00 – Hand & Foot 10:15 - Games 11:45 – Lunch- 12:30 - Bridge 12:30 – Fresh Food Mon. 2:00 – German Club 2:00 - Chair Yoga	⁸ 9:00 - Strength & Flexibility 10:00 – Flu Shots 11:00 – Hand and Foot 11:45 – Lunch 2:00 -Chair Yoga	⁹ 9:00 – TOPS 9:00 - Yoga 11:15 – Wendy Workout 11:45 – Lunch 12:30 - Mah Jong 1:00- BINGO	¹⁰ 9:00 - Strength & Flex 10:00 – Art 10:45- PEP4U 11:00 -Mexican Train 11:45 – Lunch 1:00 – Bridge 2:00 – Chair Yoga	¹¹ 8:00 Coffee Chat 9:00 Spanish Club 10:00 Line Dancing 12:00 Music/Lunch 1:00 – Mah Jong	¹²
¹³ Rental	¹⁴ 10:00 – Hand & Foot 10:00 – Blood Pressure 10:15 - Games 11:45 – Lunch- 12:30 - Bridge 12:30 – Fresh Food Mon. 2:00 – German Club 2:00 - Chair Yoga	¹⁵ 9:00 - Strength & Flexibility 10:30 – Transitions Class 11:00 – Hand and Foot 11:45 – Lunch 2:00 -Chair Yoga	¹⁶ 9:00 – TOPS 9:00 - Yoga 9:00 – Attorney 11:15 – Wendy Workout 11:45 – Lunch 12:30 - Mah Jong 1:00- BINGO	¹⁷ 9:00 - Strength & Flex 10:00 – Art 10:45- PEP4U 11:00 -Mexican Train 11:45 – Lunch 1:00 – Bridge 2:00 – Chair Yoga	¹⁸ 8:00 Coffee Chat 9:00 Spanish Club 10:00 Line Dancing 12:00 Music/Lunch 1:00 – Mah Jong	¹⁹ Saturday Night Bingo
²⁰	²¹ 10:00 – Hand & Foot 10:15 - Games 11:45 – Lunch- 12:30 - Bridge 12:30 – Fresh Food Mon. 2:00 – German Club 2:00 - Chair Yoga	²² 9:00 - Strength & Flexibility 11:00 – Hand and Foot 11:45 – Lunch 2:00 -Chair Yoga	²³ 9:00 – TOPS 9:00 - Yoga 11:15 – Wendy Workout 11:45 – Lunch 12:30 - Mah Jong 1:00- BINGO	²⁴ 9:00 - Strength & Flex 10:00 – Art 10:45- PEP4U 11:00 -Mexican Train 11:45 – Lunch 1:00 – Bridge 2:00 – Chair Yoga	²⁵ 8:00 Coffee Chat 9:00 Spanish Club 10:00 Line Dancing 12:00 Music/Lunch 1:00 – Mah Jong	²⁶
²⁷	²⁸ 10:00 – Hand & Foot 10:15 - Games 11:45 – Lunch- 12:30 - Bridge 12:30 – Fresh Food Mon. 2:00 – German Club 2:00 - Chair Yoga	²⁹ 9:00 - Strength & Flexibility 11:00 – Hand and Foot 11:00 - HICCAP 11:45 – Lunch 2:00 -Chair Yoga	³⁰ 9:00 – TOPS 9:00 - Yoga 11:15 – Wendy Workout 11:45 – Lunch 12:30 - Mah Jong 1:00- BINGO	³¹ 9:00 - Strength & Flex 10:00 – Art 10:45- PEP4U 11:00 -Mexican Train 11:45 – Lunch - Halloween 1:00 – Bridge 2:00 – Chair Yoga		