

March 2025

Age Well

DOROTHY VISSER
SENIOR CENTER

Age Well's Dorothy Visser Senior Center

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

2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 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	4 9:00 - Strength & Flexibility 10:00 – Tech Support 10:30 – NO Transitions Class 11:00 - Braille 11:45 – Lunch 1:00 – VA Social Group 2:00 -Chair Yoga	5 9:00 – TOPS 9:00 – Yoga 10:00 – Caregiver Support 10:30 - Pantry 11:45 – Lunch 12:30 - Mah Jong 1:00- BINGO	6 9:00 - Strength & Flex 10:45- PEP4U 11:00 -Mexican Train 11:45 – Lunch 1:00 – Bridge 2:00 – Chair Yoga	7 8:00 Coffee Chat 9:00 Spanish Club 10:00 Line Dancing 12:00 Music/Lunch 1:00 – Mah Jong	8
9	10 10:00 – Blood Pressure 10:00 – Hand & Foot 10:15 - Games 11:45 – Lunch 12:30 – Bridge 12:30 – Fresh Food Mon. 2:00 - Chair Yoga	11 9:00 - Strength & Flexibility 10:00 – Tech Support 11:45 – Lunch 2:00 -Chair Yoga	12 9:00 – TOPS 9:00 – Yoga 10:30 - Pantry 11:45 – Lunch 12:30 - Mah Jong 1:00- BINGO	13 9:00 - Strength & Flex 10:45- PEP4U 11:00 -Mexican Train 11:45 – Lunch 1:00 – Bridge 2:00 – Chair Yoga	14 8:00 Coffee Chat 9:00 Spanish Club 10:00 Line Dancing 12:00 Music/Lunch 1:00 – Mah Jong	15
16	17 10:00 – Hand & Foot 10:15 - Games 11:45 – Lunch 12:30 – Bridge 12:30 – Fresh Food Mon. 2:00 - Chair Yoga	18 9:00 - Strength & Flexibility 10:00 – Tech Support 10:30 – Transitions Class 11:45 – Lunch 2:00 -Chair Yoga	19 9:00 – TOPS 9:00 – Yoga 10:30 - Pantry 11:45 – Lunch 12:30 - Mah Jong 1:00- BINGO	20 9:00 - Strength & Flex 10:45- PEP4U 11:00 -Mexican Train 11:45 – Lunch 1:00 – Bridge 2:00 – Chair Yoga	21 8:00 Coffee Chat 9:00 Spanish Club 10:00 Line Dancing 12:00 Music/Lunch 1:00 – Mah Jong	22
23/30	24/31 10:00 – Hand & Foot 10:15 - Games 11:45 – Lunch 12:30 – Bridge 12:30 – Fresh Food Mon. 2:00 - Chair Yoga	25 9:00 - Strength & Flexibility 10:00 – Tech Support 10:15 – Alz. Talk & Memory 11:00 – Hand and Foot 11:45 – Lunch 2:00 -Chair Yoga	26 9:00 – TOPS 9:00 – Yoga 10:30 - Pantry 11:45 – Lunch 12:30 - Mah Jong 1:00- BINGO	27 9:00 - Strength & Flex 10:45- PEP4U 11:00 -Mexican Train 11:45 – Lunch 1:00 – Bridge 2:00 – Chair Yoga	28 8:00 Coffee Chat 9:00 Spanish Club 10:00 Line Dancing 12:00 Music/Lunch 1:00 – Mah Jong	29