

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, 5th, 12th, 19th and 26th

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

Line Dancing— 7th, 14th, 21st, and 28th. At 10:00 am

Monday 3rd—HICCAP appointments

Tuesday 4th—10:30 NO Transitions Class

Tuesday 4th— 1:00 Veterans Social Group

Tuesday 4th—Tech Support 10—11:30

Wednesday 5th —10:00 Caregiver discussion group

Friday 7th—Music by Robin Gable

Monday 10th—10:30 Blood Pressure

Tuesday 11th—Tech Support 10—11:30

Friday 14th—Lunch Music by Doug Houston

Monday 17th—St. Patrick's Day Lunch

Tuesday 18th—Transitions Class 10:30

Tuesday 18th—Tech Support 10—11:30

Wednesday 19th—Wills and Trust Atty by appt.

Friday 21st—Lunch Music by CBD

Tuesday 25th—Tech Support 10—11:30

Tuesday 25th -Alz. Presentation and Memory Screen

Friday 28th—Music by Doug Houston

Saturday Night

B I N G O
L I V E

Saturday, April 5th, 2025

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



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SENIOR CENTER
This project is funded in part through a grant from California Department of Aging and administered by the Orange County Office on Aging.



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

Medicare Questions?

HICAP - unbiased FREE Medicare
counseling— Monday, March 3rd.
Call for an appointment.

Senior Grocery Program

Wednesday 5th & 19th

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

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

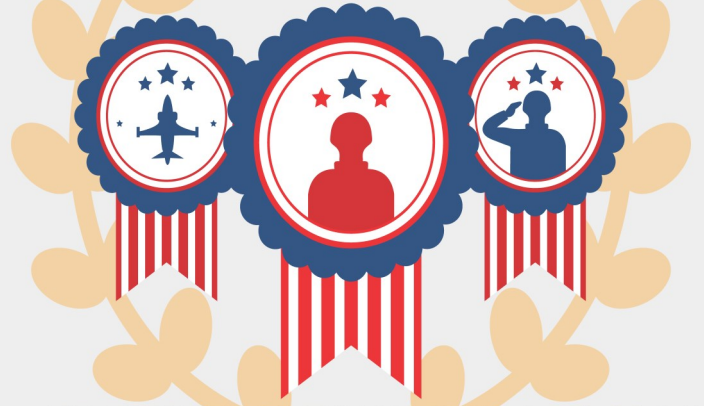


MemorialCare
Medical Group

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

March 4th

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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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



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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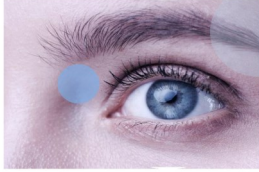
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Basic Lighting

Learn household lighting tips including glare control, contrast enhancement for reading, personal care, and more to help maintain safety and independence at home.

- The attendee will learn the differences between task and ambient lighting
- How to utilize lighting sources and environmental modifications to improve safety and independence in daily tasks
- Determine what lighting solutions are right for you
- Understand how to implement simple, cost-effective lighting solutions into your home



March 4th 11:00 am

117 Avenida Victoria, San Clemente
(949) 498-3322 – to sign up

Jonas Latinette, COTA
Low Vision Occupational Therapy Assistant
714-503-2175
JALatinette@brailleinstitute.org

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Friday, March 7th

Lunch is from 12:00–1:00

Entertainment by Robin Gable

Dessert provided by Kaiser.

RSVP by March 5th.



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Join us on Monday, March 17th

-Menu-

**Beef Chili, Roasted Potatoes, Rainbow
Salad and Wheat Roll**

*Please remember to make your reservations 2 days in
advance at the front desk or call (949) 498-3322*

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Tuesdays from

10:00—11:30

*Appointments will be
30 minutes each.*

Call for an appointment (949) 498-3322.

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**Drive Safer
Drive Longer**



Want to know how to keep your driving skills sharp
and stay in the driver's seat?

The California Highway Patrol experts
have information to share on these topics:

- How health conditions impact driving
- Tips to avoid risky situations on the road
- Vehicle comfort and safety
- DMV licensing procedures and services
- Resources to promote safe driving

May 13th at 1:00 pm

Dorothy Visser Senior Center

117 Avenida Victoria, San Clemente, CA 92672

Space is limited!

Please RSVP by calling (949) 498-3322

Funded by a grant from the California Office of Traffic Safety through the National Highway Traffic Safety Administration



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Caregiver

Discussion Group

**The first Wednesday of
every month**

10:30 am

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NUTRITION FOR A HEALTHIER MIND

Tuesday, March 25th | 10:15 am - 11:15 am



Join us for a discussion of age-related changes in memory and learning and how nutrition and diet impact your cognitive health. Learn what foods you should eat and what foods you should avoid for a healthier brain and body.

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 Call to RSVP
 (949) 498-3322

Alzheimer's ORANGE COUNTY | MEMORY SUPPORT SERVICES

Helpline: 844-373-4400 | www.alzoc.org



March 2025 Menu

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
GROUND BEEF PITA SANDWICH Steamed Green Beans Macaroni Salad & Pita Bread Pineapple Cup Milk 3	MANGO CHUTNEY CHICKEN SANDWICH Zucchini Apple Soup Orange Juice Cinnamon Baked Apple Milk 4	BEEF MEATLOAF Mashed Potatoes Sauté Peas & Carrots Wheat Roll: Orange Apple Sauce Milk 5	CILANTRO LIME CHICKEN Mediterranean Salad Lemon Thyme Brown Rice Orange Oatmeal Cookie Milk 6	CHICKEN MARSALA Rainbow Salad Tomato Rice & Bell Pepper Mandarin Cup Milk 7
MEXICAN BEEF LASAGNA Mexican Coleslaw Apple Sauce Orange Juice Milk 10	GREEK TURKEY BURGER w/TZATZIKI SAUCE Greek Tomato Salad Cantaloupe Milk 11	CHIPOTLE CHICKEN SANDWICH Split Pea Soup Tropical Fruit Milk 12	COCONUT SHRIMP w/ Mango Sauce Zucchini Apple Soup Cilantro Lime Rice: Orange Chocolate Chip Cookie Milk 13	SALISBURY BEEF STEAK Mashed Potatoes Carrot Raisin Slaw Wheat Roll Orange Milk 14
BEEF CHILI Roasted Potatoes Rainbow Salad Wheat Roll Cantaloupe Milk 17	CHICKEN WALDORF CROISSANT Cream of Broccoli Soup Cinnamon Baked Apple Milk 18	ITALIAN BEEF MEATBALL SUB SANDWICH Tuscan Bean Soup Orange Apple Sauce Milk 19	CHICKEN PRIMAVERA PASTA Garden Salad Pineapple Cup Milk 20	LEMON CAPER CHICKEN Zucchini Squash Medley Macaroni Dill Salad Mandarin Cup Pound Cake Milk 21
CHICKEN FAJITAS w/LIME SALSA Garden Salad; Corn Salsa Spanish Rice Pineapple Cup Milk 24	BEEF BOURGUIGNON Green Bean & Radish Medley Wheat Roll Orange Chocolate Chip Cookie Milk 25	CHICKEN CACCIATORE Zucchini, BIK Bean & Corn Spinach Lemon Orzo Orange Juice Cinnamon Baked Apple Milk 26	CHICKEN POT PIE Ranch Salad Tropical Fruit Milk 27	ROAST SALMON TACOS w/ CHIMICHURRI SLAW Tex Mex Vegetable Soup Lemon Thyme Brown Rice Cantaloupe Milk 28
BEEF w/BEAN TACOS w/ TOMATILLO SLAW Corn Salad Spanish Rice Tropical Fruit Milk 31			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 _____ or by calling _____. No special requests or menu substitutions. Menu subject to change without notice. Our menus, per meal, average 500 - 700 calories	

Meal contains sodium over 1000mg

All meals comply with the Dietary Guidelines for Americans (DOA) 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 on Aging.



Strength and Flexibility Class

Tuesday and Thursday

9:-00 —10:00 donation based