

# 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, and 25th at 10:00 am**

**Tuesday 1st—10:30 Transitions Class**

**Tuesday 1st— 1:00 Veterans Social Group**

**Tuesday 1st—Tech Support 10:00—11:30**

**Wednesday 2nd —10:00 Caregiver discussion group**

**Friday 4th—Music by Robin Gable**

**Monday 7th—HICCAP appointments**

**Tuesday 8th—Tech Support 10:00—11:30**

**Friday 11th—Lunch Music by Robert Fields**

**Monday 14th—10:30 Blood Pressure**

**Tuesday 15th—Tech Support 10:00—11:30**

**Tuesday 15th—Transitions Class 10:30**

**Tuesday 15th—Tech Support 10:00—11:30**

**Wednesday 16th—Wills and Trust Atty by appt.**

**Friday 18th— Spring Lunch Music by CBD Trio**

**Tuesday 22nd—Tech Support 10:00—11:30**

**Tuesday 22nd-Alz. Presentation and Memory Screen**

**Friday 25th—Music by Doug Houston**

**Tuesday 29th—Tech Support 10:00—11:30**

## 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  
**Age Well** DOROTHY VISSER  
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, April 7th.  
Call for an appointment.**

## Senior Grocery Program

**Wednesday 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**

# 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**

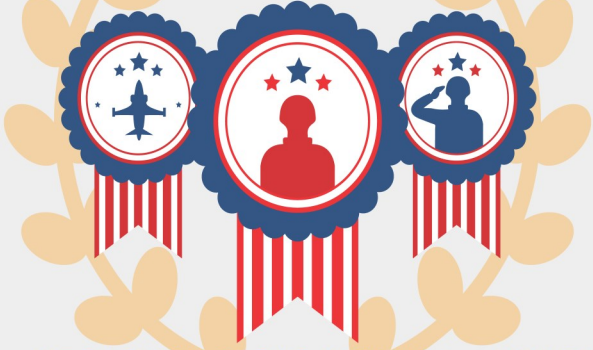




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# April 1st

## 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

# Blood Pressures taken by





(888) 391-3638

**2nd Monday of the month at 10:00**

# 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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**SOCGEMS**  
South Orange County GEM & MINERAL Society

SOUTH ORANGE COUNTY GEM AND MINERAL SOCIETY PRESENTS  
Artistry in Adornment: The Arts & Crafts Jewelry Revolution  
Presented by Judy Colbert - Graduate Gemologist and Former Manager of Visual Resources at GIA (Gemological Institute of America) for 30 years

**THIRD WEDNESDAY OF THE MONTH**  
Wednesday, March 19, 2025  
6:30 pm - Mix, Mingle Enjoy Refreshments, Gem, Jewelry and Raffle Tables  
7:00 pm - Monthly Program  
at the Dorothy Visser Senior Center, San Clemente

**FREE ADMISSION - PUBLIC WELCOME - JOIN US!**

**FOR MORE INFORMATION**  
Visit [SOCGEMS.com](http://SOCGEMS.com)  
or scan QR Code







**Enter our Spring Bonnet Contest  
at our Luncheon on April 18th  
at noon**

**Wear or make a bonnet to  
enter the contest**

*Sponsored by SCAN*

**Be Creative.... Have Fun!**

*Remember to RSVP by Wednesday 16th*



## ART4HEALING WORKSHOP

*Would you like a restorative outlet to express your stress, anxiety, hopes, fears, grief, or other feelings in a safe environment using abstract painting?*

Hoag Faith Community Nursing offers such workshops through the Art4Healing program free of charge (all paints and supplies will be provided)! Each session offers a unique theme, based on the interest and needs of the audience. Participants are led through a series of prompts designed to evoke feelings and encouraged to express these emotions through abstract painting on canvas. Individuals will then have the opportunity to share their thoughts and emotions with the group, should they choose.

*These 2 hour workshops are limited to 12 participants, no previous experience or artistic talent is required.*

**Plan to join us:  
Dorothy Visser Senior Center  
117 Avenida Victoria, San Clemente  
May 22nd, 2025 10:00 am  
to 12:00 pm**

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## Entertainment

**Friday 4th—Music by Robin Gable**

**Friday 11th—Lunch Music by Robert Fields**

**Friday 18th— Spring Lunch**

*Music by CBD Trio*

**Friday 25th—Music by Doug Houston**

## 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



**TREDs**  
TRAINING, RESEARCH AND EDUCATION  
FOR DRIVING SAFETY

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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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## Caregiver Discussion Group

**The first Wednesday of  
every month  
10:30 am**

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APRIL  
24  
2025

Human Affairs Committee  
COMMUNITY  
Resource Fair

This is a free community event to provide information and education, and to connect you to public agencies and partnering organizations focused on general health, mental health, substance abuse, affordable housing, legal resources, senior services, crisis services, and veterans' resources.

Community Center • 100 N. Calle Seville  
4:00 p.m. to 7:00 p.m.



Learn About:

- Food Assistance
- Housing Information
- Substance Abuse
- Mental Health Issues

Age Well  
Camino Health Center

DOROTHY VISSER  
SENIOR CENTER

Family Assistance Ministries

2-1-1

health CARE AGENCY

CITY OF SAN CLEMENTE  
CALIFORNIA



April 2025 Menu


SERVING TIMES: 11:30 AM – 12:30 PM

Age Well®

Orange County's partner in aging

CHRIS HERNANDEZ RDN

★ MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <div>SESAME CHICKEN Cauliflower Broccoli Soup Ginger Brown Rice Orange Juice Peach Crisp Milk</div> <div>1</div>	<div>LEMON HERB CHICKEN Moroccan Carrots Lemon Thyme Brown Rice Chocolate Chip Cookie Orange Milk</div> <div>2</div>	<div>BEEF MEATBALLS w/MARINARA French Bistro Salad Spaghetti Pineapple Cup Milk</div> <div>3</div>	<div>CHICKEN TARRAGON SANDWICH Tomato Basil Soup Orange Juice Cantaloupe Milk</div> <div>4</div>	
<div>CHICKEN KEBAB Moroccan Carrots Spinach Tomato Orzo Orange Juice Oatmeal Raisin Cookie Milk</div> <div>7</div>	<div>TUSCAN SALMON Green Beans w/Pearl Onions Whole Wheat Pasta Pineapple Cup Milk</div> <div>8</div>	<div>CHICKEN BANH MI SANDWICH Carrot Soup Tropical Fruit Cup Milk</div> <div>9</div>	<div>CHICKEN SHAWARMA Mediterranean Salad Pita Bread Orange Pound Cake Milk</div> <div>10</div>	<div>CHEESEBURGER Rosemary Roasted Potatoes Cantaloupe Milk</div> <div>11</div>
<div>GROUND BEEF PITA SANDWICH Steamed Green Beans Macaroni Salad &amp; Pita Bread Pineapple Cup Milk</div> <div>14</div>	<div>BEEF MEATLOAF Mashed Potatoes Sauté Peas &amp; Carrots Wheat Roll: Orange Apple Sauce Milk</div> <div>15</div>	<div>MANGO CHUTNEY CHICKEN SANDWICH Zucchini Apple Soup Orange Juice Cinnamon Baked Apple Milk</div> <div>16</div>	<div>CILANTRO LIME CHICKEN Mediterranean Salad Lemon Thyme Brown Rice Orange Oatmeal Cookie Milk</div> <div>17</div>	<div>CHICKEN MARSALA Rainbow Salad Tomato Rice &amp; Bell Pepper Mandarin Cup Milk</div> <div>18</div>
<div>MEXICAN BEEF LASAGNA Mexican Coleslaw Apple Sauce Orange Juice Milk</div> <div>21</div>	<div>GREEK TURKEY BURGER w/TZATZIKI SAUCE Greek Tomato Salad Cantaloupe Milk</div> <div>22</div>	<div>CHIPOTLE CHICKEN SANDWICH Split Pea Soup Tropical Fruit Milk</div> <div>23</div>	<div>COCONUT SHRIMP w/ MANGO SAUCE Zucchini Apple Soup Cilantro Lime Rice; Orange Chocolate Chip Cookie Milk</div> <div>24</div>	<div>SALISBURY BEEF STEAK Mashed Potatoes Carrot Raisin Slaw Wheat Roll Orange Milk</div> <div>25</div>
<div>BEEF CHILI Roasted Potatoes Rainbow Salad Wheat Roll Cantaloupe Milk</div> <div>28</div>	<div>CHICKEN WALDORF CROISSANT Cream of Broccoli Soup Cinnamon Baked Apple Milk</div> <div>29</div>	<div>ITALIAN BEEF MEATBALL SUB SANDWICH  Tuscan Bean Soup Orange Apple Sauce Milk</div> <div>30</div>	<div>SUGGESTED CONTRIBUTION - 60 YRS OR OLDER: \$5.50 COST - 59 YEARS OR YOUNGER: \$7.50 Reservations are required &amp; 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 \$600 - 700 calories</div>	

 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 on Aging.



Strength and Flexibility Class

Tuesday and Thursday

9:-00 —10:00    donation based