

May 2025

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, 7th, 14th, 21st, and 28th

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

Line Dancing—2nd, 9th, 16th, 23rd and 30th at 10:00 am

Friday 2nd—Music by Robin Gable

Monday 5th—HICCAP appointments

Tuesday 6th—10:30 Transitions Class

Tuesday 6th— 1:00 Veterans Social Group

Tuesday 6th—Tech Support 10:00—11:30

Wednesday 7th —10:00 Caregiver discussion group

Friday 9th—Mother's Day Lunch

Monday 12th—10:30 Blood Pressure

Tuesday 13th—Transitions Class 10:30

Tuesday 13th—Driving Safer, Driving Longer

Friday 16th—Lunch Music *by CBD Trio*

Tuesday 20th—Tech Support 10:00—11:30

Tuesday 20th—10:30 Transitions Class

Friday 25th—Music by Doug Houston

Tuesday 27th—Alz. Presentation and Memory Screen

Wednesday 28th—Wills and Trust Atty by appt.

Friday 30th—Music by Robert Fields



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

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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SENIOR CENTER

Medicare Questions?

**HICAP - unbiased FREE Medicare
counseling— Monday, May 5th.
Call for an appointment.**

Senior Grocery Program

Wednesday 7th & 21st

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



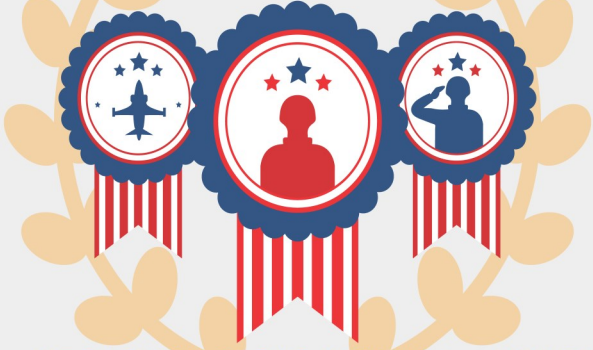
MemorialCare
Medical Group

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



May 6th

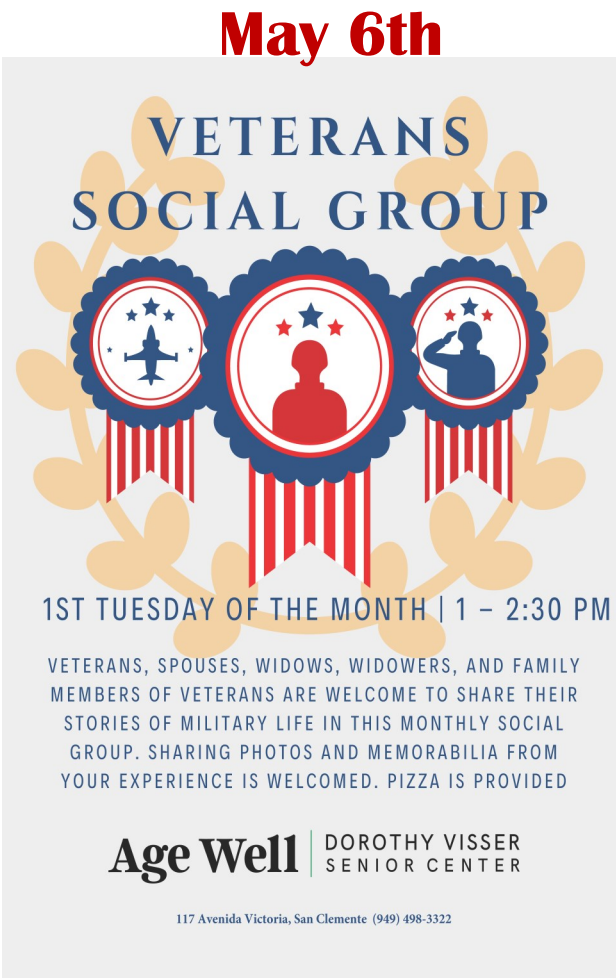
VETERANS SOCIAL GROUP



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



Healthy at Home
CAREGIVERS

(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

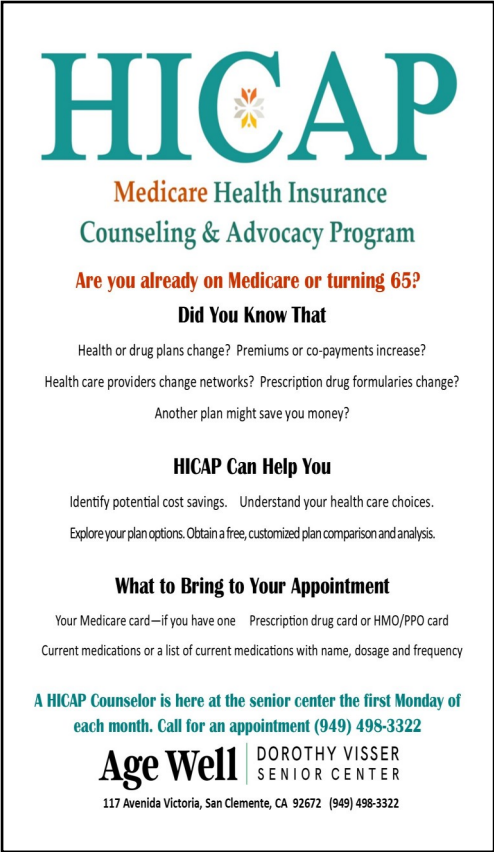
Identify potential cost savings. Understand your health care choices.
Explore your plan options. Obtain a free, customized plan comparison and analysis.

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
or scan QR Code





Join Us For Mothers Day Lunch

May 9th at 12:00

-Menu-

CHICKEN CACCIATORE
Zucchini, Black Bean & Corn
Spinach Lemon Orzo
Orange Juice
Cinnamon Backed Apple
Milk

Flowers and gifts for the women
Remember to RSVP by Wednesday May 7th
(949) 498-3322

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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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hoag.



We will be closed on
Monday, May 26th in
observance of
Memorial Day

ACTIVE AGING BY THE SEA

Come and discover what the City of San Clemente has to offer as we age!

This event will bring aging-well resources to older adults, connecting them to city, county, nonprofit, and private resources. Older adults, their families, and caregivers are welcome and encouraged to attend.

May 30, 2025
11:30 - 1:30

On the grounds of the
Community Center
100 N. Calle Seville
San Clemente

for Vendor & Sponsorship information
contact Jessica: JessicaR@scvillage.org

Information, demo's, snacks and more!
NO COST



Hosted by:
The Village & the City of
San Clemente



Tuesdays from
10:00—11:30

*Appointments will be
30 minutes each.*

Call for an appointment (949) 498-3322.

Age Well | DOROTHY VISSER
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Caregiver
Discussion Group

The first Wednesday of
every month
10:30 am

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

SHARPEN YOUR MIND! MEMORY TIPS AND TRICKS

Tuesday, May 27th | 10:15 am - 11:15 am



Join this fun and interactive session to learn some strategies to practice improving memory and ways to maximize brain health. Come play along and challenge your brain!

Dorothy Visser Senior Center

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San Clemente, CA 92672

Call to RSVP
(949) 498-3322

Alzheimer's
ORANGE COUNTY | MEMORY SUPPORT SERVICES

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

MEMORIAL DAY

Please join us for a celebration of our freedom as we honor those that have made sacrifices for us.

**Friday, May 30th at
11:45 am**

Entertainment by:

Robert Fields

Menu:

CHICKEN MARSALA
Rainbow Salad
Tomato Rice & Bell Pepper
Mandarin Cup
Milk

Dorothy Visser Senior Center
117 Avenida Victoria, San Clemente

South Orange County

May 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
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				
CHICKEN FAJITAS w/ LIME SALSA Garden Salad Spanish Rice Pineapple Cup Milk 5	BEEF BOURGUIGNON Green Bean & Radish Medley Wheat Roll Orange Chocolate Chip Cookie Milk 6	ROAST SALMON TACOS w/ CHIMICHURRI SLAW Tex Mex Vegetable Soup Lemon Thyme Brown Rice Cantaloupe Milk 7	CHICKEN POT PIE Ranch Salad Tropical Fruit Milk 8	LEMON CAPER CHICKEN Zucchini Squash Medley Macaroni Dill Salad Mandarin Cup Pound Cake Milk 2
BEEF w/ BEAN TACOS w/ TOMATILLO SLAW Corn Salad Spanish Rice Tropical Fruit Milk 12	SESAME CHICKEN Cauliflower Broccoli Soup Ginger Brown Rice Orange Juice Peach Crisp Milk 13	LEMON HERB CHICKEN Moroccan Carrots Lemon Thyme Brown Rice Chocolate Chip Cookie Orange Milk 14	BEEF MEATBALLS w/ MARINARA French Bistro Salad Spaghetti Pineapple Cup Milk 15	CHICKEN CACCIATORE Zucchini, Blk Bean & Corn Spinach Lemon Orzo Orange Juice Cinnamon Baked Apple Milk 9
CHICKEN KEBAB Moroccan Carrots Spinach Tomato Orzo Orange Juice Oatmeal Raisin Cookie Milk 19	CHICKEN BANH MI SANDWICH Carrot Soup Tropical Fruit Cup Milk 20	TUSCAN SALMON Balsamic Green Beans w/ Pearl Onions Whole Wheat Pasta Pineapple Cup Milk 21	CHICKEN SHAWARMA Mediterranean Salad Pita Bread Orange Pound Cake Milk 22	CHEESEBURGER Rosemary Roasted Potatoes Cantaloupe Milk 23
CLOSED Memorial Day Observance MEMORIAL DAY HONORING ALL WHO SERVED 26	MANGO CHUTNEY CHICKEN SANDWICH Zucchini Apple Soup Orange Juice Cinnamon Baked Apple Milk 27	BEEF MEATLOAF Mashed Potatoes Sauté Peas & Carrots Wheat Roll: Orange Apple Sauce Milk 28	CILANTRO LIME CHICKEN Mediterranean Salad Lemon Thyme Brown Rice Orange Oatmeal Cookie Milk 29	CHICKEN MARSALA Rainbow Salad Tomato Rice & Bell Pepper Mandarin Cup Milk 30



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