

May 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 9:00 - Strength & Flex 10:00 - Art Class 10:45- PEP4U 11:00 -Mexican Train 11:45 - Lunch 1:00 - Bridge 2:00 - Chair Yoga	2 8:00 Coffee Chat 9:00 Spanish Club 10:00 Line Dancing 12:00 Music/Lunch 1:00 - Mah Jong	3
4	5 9:00 - HICCAP 9:00 - Yoga 10:00 - Hand & Foot 10:15 - Games 11:45 - Lunch 12:30 - Bridge 12:30 - Fresh Food Mon. 2:00 - Chair Yoga	6 9:00 - Strength & Flexibility 10:00 - Tech Support 10:30 - Transitions Class 11:45 - Lunch 1:00 - VA Social Group 2:00 -Chair Yoga	7 9:00 - TOPS 9:00 - Yoga 10:00 - Caregiver Support 10:30 - Pantry 11:45 - Lunch 12:00 - Mah Jong 1:00- BINGO	8 9:00 - Strength & Flex 10:00 - Art Class 10:45- PEP4U 11:00 -Mexican Train 11:45 - Lunch 1:00 - Bridge 2:00 - Chair Yoga	9 8:00 Coffee Chat 9:00 Spanish Club 10:00 Line Dancing 12:00 Music/Lunch 1:00 - Mah Jong	10
11	12 9:00 - Yoga 10:00 - Hand & Foot 10:00 - Blood Pressure 10:15 - Games 11:45 - Lunch 12:30 - Bridge 12:30 - Fresh Food Mon. 2:00 - Chair Yoga	13 9:00 - Strength & Flexibility 10:30 - Transitions Class 11:45 - Lunch 1:00 - CHP Class 2:00 -Chair Yoga	14 9:00 - TOPS 9:00 - Yoga 10:30 - Pantry 11:45 - Lunch 12:00 - Mah Jong 1:00- BINGO	15 9:00 - Strength & Flex 10:00 - Art Class 10:45- PEP4U 11:00 -Mexican Train 11:45 - Lunch 1:00 - Bridge 2:00 - Chair Yoga	16 8:00 Coffee Chat 9:00 Spanish Club 10:00 Line Dancing 12:00 Music/Lunch 1:00 - Mah Jong	17
18	19 9:00 - Yoga 10:00 - Hand & Foot 10:15 - Games 11:45 - Lunch 12:30 - Bridge 12:30 - Fresh Food Mon. 2:00 - Chair Yoga	20 9:00 - Strength & Flexibility 10:00 - Tech Support 10:30 - Transitions Class 11:45 - Lunch 1:00 - VA Social Group 2:00 -Chair Yoga	21 9:00 - TOPS 9:00 - Yoga 10:30 - Pantry 11:45 - Lunch 12:00 - Mah Jong 1:00- BINGO	22 9:00 - Strength & Flex 10:00 - Art4Healing 10:45- PEP4U 11:00 -Mexican Train 11:45 - Lunch 1:00 - Bridge 2:00 - Chair Yoga	23 8:00 Coffee Chat 9:00 Spanish Club 10:00 Line Dancing 12:00 Music/Lunch 1:00 - Mah Jong	24
25	26 Closed	27 9:00 - Strength & Flexibility 10:30 - Transitions Class 11:45 - Lunch 10:15 - Alzheimer 2:00 -Chair Yoga	28 9:00 - TOPS 9:00 - Yoga 9:00 - Wills & Trusts 10:30 - Pantry 11:45 - Lunch 12:00 - Mah Jong 1:00- BINGO	29 9:00 - Strength & Flex 10:45- PEP4U 11:00 -Mexican Train 11:45 - Lunch 1:00 - Bridge 2:00 - Chair Yoga	30 8:00 Coffee Chat 9:00 Spanish Club 10:00 Line Dancing 12:00 Music/Lunch 1:00 - Mah Jong	