

June 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 - 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	2 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	3 9:00 - Strength & Flexibility 10:00 - Tech Support 10:30 - Transitions Class 11:45 - Lunch 1:00 - VA Social Group 2:00 - Chair Yoga	4 9:00 - TOPS 9:00 - Yoga 10:00 - Caregiver Support 10:30 - Pantry 11:45 - Lunch 12:00 - Mah Jong 1:00 - BINGO	5 9:00 - Strength & Flex 10:45 - PEP4U 11:00 - Mexican Train 11:45 - Lunch 1:00 - Bridge 2:00 - Chair Yoga	6 8:00 Coffee Chat 9:00 Spanish Club 10:00 Line Dancing 12:00 Music/Lunch 1:00 - Mah Jong	7
8	9 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	10 10:00 - Tech Support 11:45 - Lunch 1:00 - Brain Exercises 2:00 - Chair Yoga	11 9:00 - TOPS 9:00 - Yoga 10:30 - Pantry 11:45 - Lunch 12:00 - Mah Jong 1:00 - BINGO	12 10:45 - PEP4U 11:00 - Mexican Train 11:45 - Lunch 1:00 - Bridge 2:00 - Chair Yoga	13 8:00 Coffee Chat 9:00 Spanish Club 10:00 Line Dancing 12:00 Music/Lunch 1:00 - Mah Jong	14
15	16 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	17 9:00 - Strength & Flexibility 10:00 - Tech Support 10:30 - Transitions Class 11:45 - Lunch 2:00 - Chair Yoga	18 9:00 - TOPS 9:00 - Yoga 9:00 - Wills & Trusts 10:30 - Pantry 11:30 - CalFresh 11:45 - Lunch 12:00 - Mah Jong 1:00 - BINGO	19 9:00 - Strength & Flex 10:45 - PEP4U 11:00 - Mexican Train 11:45 - Lunch 1:00 - Bridge 1:00 - Fall Prevention 2:00 - Chair Yoga	20 8:00 Coffee Chat 9:00 Spanish Club 10:00 Line Dancing 12:00 Music/Lunch 1:00 - Mah Jong	21
22	23 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	24 9:00 - Strength & Flexibility 10:00 - Tech Support 10:15 - Alzheimer's 11:45 - Lunch 2:00 - Chair Yoga	25 9:00 - TOPS 9:00 - Yoga 10:30 - Pantry 11:45 - Lunch 12:00 - Mah Jong 1:00 - BINGO	26 9:00 - Strength & Flex 10:45 - PEP4U 11:00 - Mexican Train 11:45 - Lunch 1:00 - Bridge 2:00 - Chair Yoga 2:00 - Afternoon Tea	27 8:00 Coffee Chat 9:00 Spanish Club 10:00 Line Dancing 12:00 Music/Lunch 1:00 - Mah Jong	28
29	30 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					